



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Menche, Ulf

Club: Mühlhausen  
Number: 2205

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 58:09

Speed: 10.32 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 139 (of 167)

Rank in course/Men: 118 (of 130)

Best time in course: 34:30

Rank in category: 23(of 26)

Best time in the category: 37:46