



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

**Prüger, Ralf**

Club: Anrode  
Number: 787

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 25:28

Speed: 11.78 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 62 (of 152)

Rank in course/Men: 55 (of 108)

Best time in course: 16:38

Rank in category: 7(of 17)

Best time in the category: 20:00