



17. Mühlhäuser Altstadtlauf
Mühlhausen / 24.08.2013

Detailed evaluation

Friedrich, Adrian

Club: ESV LoK Mühlhausen
Number: 473

Course: 5.00 km
5 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 18:58

Speed: 15.82 km/h
Running performance: 3:47 min/km

Rank in course/Total: 5 (of 137)

Rank in course/Men: 5 (of 96)

Best time in course: 17:31

Rank in category: 3(of 12)

Best time in the category: 17:31