



17. Mühlhäuser Altstadtlauf
Mühlhausen / 24.08.2013

Detailed evaluation

Degenhardt, Matthias

Club: Wendehausen
Number: 556

Course: 5.00 km
5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 20:40

Speed: 14.52 km/h
Running performance: 4:08 min/km

Rank in course/Total: 20 (of 137)

Rank in course/Men: 19 (of 96)

Best time in course: 17:31

Rank in category: 2(of 12)

Best time in the category: 19:50