



17. Mühlhäuser Altstadtlauf
Mühlhausen / 24.08.2013

Detailed evaluation

Effenberger, Stefan

Club: Knox Gym Kampfsportschule
Number: 564

Course: 5.00 km
5 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 23:04

Speed: 13.01 km/h
Running performance: 4:37 min/km

Rank in course/Total: 41 (of 137)

Rank in course/Men: 39 (of 96)

Best time in course: 17:31

Rank in category: 4(of 12)

Best time in the category: 17:31