



17. Mühlhäuser Altstadtlauf
Mühlhausen / 24.08.2013

Detailed evaluation

Lierisch, Christian

Club: Mhl

Number: 2137

Course: 10.00 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 41:48

Speed: 14.35 km/h

Running performance: 4:11 min/km

Rank in course/Total: 24 (of 167)

Rank in course/Men: 23 (of 130)

Best time in course: 34:30

Rank in category: 3(of 15)

Best time in the category: 34:30