



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Trautmann, Knut

Club: VFL Hüpstedt
Number: 853

Course: 5.00 km
5 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 21:18

Speed: 14.08 km/h
Running performance: 4:16 min/km

Rank in course/Total: 21 (of 152)

Rank in course/Men: 21 (of 108)

Best time in course: 16:38

Rank in category: 1(of 10)

Best time in the category: 21:18