



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Engelhardt, Michael

Club: Schönstedt  
Number: 835

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 21:57

Speed: 13.67 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 23 (of 152)

Rank in course/Men: 23 (of 108)

Best time in course: 16:38

Rank in category: 4(of 17)

Best time in the category: 20:00