



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Kapell, Jens

Number: 870

Course: 5.00 km
5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 22:51

Speed: 13.13 km/h

Running performance: 4:34 min/km

Rank in course/Total: 28 (of 152)

Rank in course/Men: 26 (of 108)

Best time in course: 16:38

Rank in category: 5(of 17)

Best time in the category: 20:00