



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Mietzsch, Ronny

Club: FC Rote Beete
Number: 892

Course: 5.00 km
5 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 22:59

Speed: 13.05 km/h
Running performance: 4:36 min/km

Rank in course/Total: 30 (of 152)

Rank in course/Men: 28 (of 108)

Best time in course: 16:38

Rank in category: 1(of 8)

Best time in the category: 22:59