



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Trautmann, Heiko

Club: Tiger Balm Team Mühlhausen
Number: 871

Course: 5.00 km
5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 23:02

Speed: 13.02 km/h
Running performance: 4:37 min/km

Rank in course/Total: 32 (of 152)

Rank in course/Men: 30 (of 108)

Best time in course: 16:38

Rank in category: 6(of 17)

Best time in the category: 20:00