



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Heintze, Kai

Club: S&S

Number: 755

Course: 5.00 km

5 km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 25:47

Speed: 11.64 km/h

Running performance: 5:10 min/km

Rank in course/Total: 71 (of 152)

Rank in course/Men: 62 (of 108)

Best time in course: 16:38

Rank in category: 9(of 17)

Best time in the category: 20:00