



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Gemsjäger, Guido

Club: Running Team Wiegand
Number: 749

Course: 5.00 km
5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 26:10

Speed: 11.46 km/h
Running performance: 5:14 min/km

Rank in course/Total: 79 (of 152)

Rank in course/Men: 68 (of 108)

Best time in course: 16:38

Rank in category: 11(of 17)

Best time in the category: 20:00