



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Fraass, Stefan

Club: Mühlhausen
Number: 891

Course: 5.00 km
5 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 26:25

Speed: 11.36 km/h
Running performance: 5:17 min/km

Rank in course/Total: 83 (of 152)

Rank in course/Men: 71 (of 108)

Best time in course: 16:38

Rank in category: 7(of 8)

Best time in the category: 22:59