



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Görmar, Alexander

Club: Niederdorla
Number: 752

Course: 5.00 km
5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 26:44

Speed: 11.22 km/h
Running performance: 5:21 min/km

Rank in course/Total: 89 (of 152)

Rank in course/Men: 74 (of 108)

Best time in course: 16:38

Rank in category: 12(of 17)

Best time in the category: 20:00