



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Bader, Robert

Club: Massagepraxis Arndt

Number: 822

Course: 5.00 km

5 km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 26:50

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 94 (of 152)

Rank in course/Men: 76 (of 108)

Best time in course: 16:38

Rank in category: 13(of 17)

Best time in the category: 20:00