



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Zimmermann, Detlef

Club: Container Zimmermann  
Number: 884

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 28:50

Speed: 10.40 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 109 (of 152)

Rank in course/Men: 85 (of 108)

Best time in course: 16:38

Rank in category: 3(of 8)

Best time in the category: 23:44