



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Kaiser, Jens

Number: 897

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 30:51

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course/Total: 126 (of 152)

Rank in course/Men: 97 (of 108)

Best time in course: 16:38

Rank in category: 16(of 17)

Best time in the category: 20:00