



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Nürnberger, Mario

Club: Wiesbaden

Number: 781

Course: 5.00 km

5 km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 31:03

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 129 (of 152)

Rank in course/Men: 99 (of 108)

Best time in course: 16:38

Rank in category: 8(of 8)

Best time in the category: 22:59