



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Erdmann, Holger

Club: Mühlhausen
Number: 905

Course: 5.00 km
5 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 31:31

Speed: 9.52 km/h
Running performance: 6:18 min/km

Rank in course/Total: 138 (of 152)

Rank in course/Men: 102 (of 108)

Best time in course: 16:38

Rank in category: 10(of 10)

Best time in the category: 21:18