



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Litzbarski, Ingo

Club: Witzenhausen
Number: 2332

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 36:03

Speed: 16.64 km/h
Running performance: 3:36 min/km

Rank in course/Total: 7 (of 170)

Rank in course/Men: 7 (of 136)

Best time in course: 31:29

Rank in category: 4(of 20)

Best time in the category: 32:28