



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Lienert, Michael

Club: Running Team Wiegand
Number: 2330

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 41:13

Speed: 14.56 km/h
Running performance: 4:07 min/km

Rank in course/Total: 23 (of 170)

Rank in course/Men: 22 (of 136)

Best time in course: 31:29

Rank in category: 7(of 20)

Best time in the category: 32:28