



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Pönicke, Christian

Number: 2460

Course: 10.00 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 42:26

Speed: 14.14 km/h

Running performance: 4:14 min/km

Rank in course/Total: 32 (of 170)

Rank in course/Men: 32 (of 136)

Best time in course: 31:29

Rank in category: 6(of 21)

Best time in the category: 31:29