



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Radusch, Hans-Uwe

Club: TUS Xanten Triathlon
Number: 2347

Course: 10.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 42:47

Speed: 14.02 km/h
Running performance: 4:17 min/km

Rank in course/Total: 34 (of 170)

Rank in course/Men: 34 (of 136)

Best time in course: 31:29

Rank in category: 2(of 7)

Best time in the category: 41:46