



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Arndt, Christoph

Club: Physiotherapie Manuela Arndt  
Number: 2401

Course: 10.00 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 44:33

Speed: 13.47 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 55 (of 170)

Rank in course/Men: 53 (of 136)

Best time in course: 31:29

Rank in category: 11(of 21)

Best time in the category: 31:29