



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Kellner, Roland

Club: SpVgg Faulungen
Number: 2450

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:06

Speed: 13.30 km/h
Running performance: 4:31 min/km

Rank in course/Total: 61 (of 170)

Rank in course/Men: 58 (of 136)

Best time in course: 31:29

Rank in category: 7(of 17)

Best time in the category: 41:05