



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Eltahir, Ahmed

Club: Bad Langensalza

Number: 2455

Course: 10.00 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 45:06

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 62 (of 170)

Rank in course/Men: 58 (of 136)

Best time in course: 31:29

Rank in category: 4(of 16)

Best time in the category: 41:42