



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Helbig, Steffen

Club: Mühlhausen  
Number: 2386

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 50:11

Speed: 11.96 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 88 (of 170)

Rank in course/Men: 82 (of 136)

Best time in course: 31:29

Rank in category: 8(of 17)

Best time in the category: 41:05