



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Stramka, Raik

Club: Lengefeld

Number: 2362

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 56:38

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 139 (of 170)

Rank in course/Men: 119 (of 136)

Best time in course: 31:29

Rank in category: 23(of 24)

Best time in the category: 37:19