



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Lambrecht, Hans-Dieter

Club: Mühlhausen

Number: 2328

Course: 10.00 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 56:56

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 142 (of 170)

Rank in course/Men: 121 (of 136)

Best time in course: 31:29

Rank in category: 14(of 16)

Best time in the category: 41:42