



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Menche, Ulf

Club: Mühlhausen
Number: 2387

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:00:36

Speed: 9.90 km/h
Running performance: 6:04 min/km

Rank in course/Total: 162 (of 170)

Rank in course/Men: 132 (of 136)

Best time in course: 31:29

Rank in category: 17(of 17)

Best time in the category: 41:05