



19. Mühlhäuser Altstadtlauf  
Mühlhausen / 29.08.2015

Detailed evaluation

Quast, Holger

Club: Mühlhausen  
Number: 1059

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 23:55

Speed: 12.54 km/h

Rank in course/Total: 50 (of 168)

Rank in course/Men: 42 (of 106)

Best time in course: 16:23

Rank in category: 3(of 8)

Best time in the category: 18:32