



22. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2018

Detailed evaluation

Spangenberg, Andreas

Club: 1.Eichsfelder Sportclub e.V.
Number: 1123

Course: 5.00 km
5 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 20:47

Speed: 14.43 km/h
Running performance: 4:10 min/km

Rank in course/Total: 23 (of 226)

Rank in course/Men: 23 (of 152)

Best time in course: 17:31

Rank in category: 7(of 17)

Best time in the category: 17:31