



22. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2018

Detailed evaluation

**Dette, Christian**

Club: Schäfer-Modellbau  
Number: 940

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 22:27

Speed: 13.36 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 46 (of 226)

Rank in course/Men: 45 (of 152)

Best time in course: 17:31

Rank in category: 7(of 23)

Best time in the category: 18:06