



22. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2018

Detailed evaluation

Giese, Christian

Club: Bergmannsverein  
Number: 1108

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 24:22

Speed: 12.31 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 71 (of 226)

Rank in course/Men: 65 (of 152)

Best time in course: 17:31

Rank in category: 3(of 12)

Best time in the category: 19:56