



22. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2018

Detailed evaluation

Arndt, Steffen

Club: Arndt-Family aus Mühlhausen
Number: 926

Course: 5.00 km
5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 26:20

Speed: 11.39 km/h
Running performance: 5:16 min/km

Rank in course/Total: 109 (of 226)

Rank in course/Men: 97 (of 152)

Best time in course: 17:31

Rank in category: 6(of 12)

Best time in the category: 19:56