



22. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2018

Detailed evaluation

Hempel, Kai

Club: Röblinglaufverein  
Number: 987

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 27:32

Speed: 10.90 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 131 (of 226)

Rank in course/Men: 111 (of 152)

Best time in course: 17:31

Rank in category: 7(of 12)

Best time in the category: 19:56