



22. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2018

Detailed evaluation

Erdmann, Holger

Club: Mühlhausen  
Number: 1107

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 32:02

Speed: 9.37 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 190 (of 226)

Rank in course/Men: 142 (of 152)

Best time in course: 17:31

Rank in category: 6(of 7)

Best time in the category: 24:02