



22. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2018

Detailed evaluation

Ahke, Thomas

Club: Team VR Bank Westthüringen eG
Number: 1401

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 42:56

Speed: 13.98 km/h
Running performance: 4:17 min/km

Rank in course/Total: 33 (of 161)

Rank in course/Men: 30 (of 119)

Best time in course: 31:51

Rank in category: 2(of 20)

Best time in the category: 41:15