



22. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2018

Detailed evaluation

Pönicke, Christian

Club: Mühlhausen  
Number: 1574

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 44:16

Speed: 13.55 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 41 (of 161)

Rank in course/Men: 37 (of 119)

Best time in course: 31:51

Rank in category: 7(of 16)

Best time in the category: 31:51