



22. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2018

Detailed evaluation

Herms, Jörg

Club: Mühlhausen

Number: 1528

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 50:09

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 94 (of 161)

Rank in course/Men: 78 (of 119)

Best time in course: 31:51

Rank in category: 14(of 20)

Best time in the category: 41:15