



22. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2018

Detailed evaluation

Arnold, Dirk

Club: BBG-ARNOLD

Number: 1516

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 56:42

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 144 (of 161)

Rank in course/Men: 107 (of 119)

Best time in course: 31:51

Rank in category: 12(of 14)

Best time in the category: 37:52