



22. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2018

Detailed evaluation

Stramka, Raik

Number: 1530

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 59:57

Speed: 10.01 km/h

Running performance: 6:00 min/km

Rank in course/Total: 154 (of 161)

Rank in course/Men: 116 (of 119)

Best time in course: 31:51

Rank in category: 20(of 20)

Best time in the category: 41:15