



12. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2008

Detailed evaluation

Helbing, Wieland

Club: Rodeberg

Number: 1139

Course: 5.00 km

5 km-Lauf

Category:

Jugend männlich

Total time: 24:07

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 72 (of 152)

Rank in course/Men: 59 (of 90)

Best time in course: 16:41

Rank in category: 6(of 8)

Best time in the category: 19:00