



12. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2008

Detailed evaluation

Adam, Lennart

Club: VFB TM Mühlhausen
Number: 1009

Course: 5.00 km
5 km-Lauf

Category:
Schüler

Total time: 28:25

Speed: 10.56 km/h
Running performance: 5:41 min/km

Rank in course/Total: 123 (of 152)

Rank in course/Men: 84 (of 90)

Best time in course: 16:41

Rank in category: 20(of 20)

Best time in the category: 18:07