



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Stramka, Jan**

Club: GS Bickenriede  
Number: 673

Course: 1.70 km  
Schülerlauf

Category:  
männliche Schüler D

Total time: 6:28

Speed: 9.28 km/h  
Running performance: 3:48 min/km

Rank in course/Total: 12 (of 426)

Rank in course/Men: 10 (of 240)

Best time in course: 5:59

Rank in category: 1(of 130)

Best time in the category: 6:28