



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Mainzer, Benedikt**

Club: GS Heyerode  
Number: 700

Course: 1.70 km  
Schülerlauf

Category:  
männliche Schüler C

Total time: 8:12

Speed: 12.44 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 157 (of 426)

Rank in course/Men: 115 (of 240)

Best time in course: 5:59

Rank in category: 50(of 76)

Best time in the category: 6:11