



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Hellmund, Sascha

Club: GS Heyerode

Number: 684

Course: 1.70 km

Schülerlauf

Category:

männliche Schüler C

Total time: 9:08

Speed: 6.57 km/h

Running performance: 5:22 min/km

Rank in course/Total: 234 (of 426)

Rank in course/Men: 155 (of 240)

Best time in course: 5:59

Rank in category: 65(of 76)

Best time in the category: 6:11