



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Rönick, Jonas

Club: GS Heyerode

Number: 704

Course: 1.70 km

Schülerlauf

Category:

männliche Schüler C

Total time: 10:58

Speed: 5.47 km/h

Running performance: 6:27 min/km

Rank in course/Total: 355 (of 426)

Rank in course/Men: 212 (of 240)

Best time in course: 5:59

Rank in category: 73(of 76)

Best time in the category: 6:11