



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Henning, Benjamin

Club: GS Heyerode

Number: 686

Course: 1.70 km

Schülerlauf

Category:

männliche Schüler D

Total time: 8:09

Speed: 7.36 km/h

Running performance: 4:47 min/km

Rank in course/Total: 149 (of 426)

Rank in course/Men: 108 (of 240)

Best time in course: 5:59

Rank in category: 35(of 130)

Best time in the category: 6:28