



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Seyfarth, Michel

Club: Creaton Großengottern
Number: 1199

Course: 5.00 km
5 km-Lauf

Category:
Schüler

Total time: 20:01

Speed: 14.99 km/h
Running performance: 4:00 min/km

Rank in course/Total: 11 (of 112)

Rank in course/Men: 11 (of 76)

Best time in course: 16:48

Rank in category: 3(of 13)

Best time in the category: 18:14