



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Nissen, Jan-Eric

Club: Priorat
Number: 1258

Course: 5.00 km
5 km-Lauf

Category:
Jugend männlich

Total time: 20:38

Speed: 14.54 km/h
Running performance: 4:08 min/km

Rank in course/Total: 12 (of 112)

Rank in course/Men: 12 (of 76)

Best time in course: 16:48

Rank in category: 2(of 5)

Best time in the category: 18:07