



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Anders, Max Ole

Club: ESC Erfurt
Number: 1201

Course: 5.00 km
5 km-Lauf

Category:
Schüler

Total time: 21:00

Speed: 14.29 km/h
Running performance: 4:12 min/km

Rank in course/Total: 15 (of 112)

Rank in course/Men: 14 (of 76)

Best time in course: 16:48

Rank in category: 4(of 13)

Best time in the category: 18:14