



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Kapell, Jens

Club: SG Aufbau Mühlhausen
Number: 1262

Course: 5.00 km
5 km-Lauf

Category:
Männer

Total time: 21:05

Speed: 14.23 km/h
Running performance: 4:13 min/km

Rank in course/Total: 16 (of 112)

Rank in course/Men: 15 (of 76)

Best time in course: 16:48

Rank in category: 9(of 58)

Best time in the category: 16:48