



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Hildesheim, Mara

Club: ESC Erfurt  
Number: 1204

Course: 5.00 km  
5 km-Lauf

Category:  
Schülerinnen

Total time: 21:13

Speed: 14.14 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 18 (of 112)

Rank in course/Women: 3 (of 36)

Best time in course: 20:39

Rank in category: 2(of 8)

Best time in the category: 21:06