



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Grabe, Thomas

Club: VFL Hüpstedt
Number: 1308

Course: 5.00 km
5 km-Lauf

Category:
Männer

Total time: 22:21

Speed: 13.42 km/h
Running performance: 4:28 min/km

Rank in course/Total: 28 (of 112)

Rank in course/Men: 23 (of 76)

Best time in course: 16:48

Rank in category: 14(of 58)

Best time in the category: 16:48