



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Menche, Sebastian

Club: Mühlhausen  
Number: 1298

Course: 5.00 km  
5 km-Lauf

Category:  
Männer

Total time: 22:26

Speed: 13.37 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 29 (of 112)

Rank in course/Men: 24 (of 76)

Best time in course: 16:48

Rank in category: 15(of 58)

Best time in the category: 16:48