



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Henning, Max

Club: Gernrode
Number: 1295

Course: 5.00 km
5 km-Lauf

Category:
Schüler

Total time: 22:29

Speed: 13.34 km/h
Running performance: 4:30 min/km

Rank in course/Total: 30 (of 112)

Rank in course/Men: 25 (of 76)

Best time in course: 16:48

Rank in category: 7(of 13)

Best time in the category: 18:14