



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Groß, Lena

Club: ESC Erfurt
Number: 1203

Course: 5.00 km
5 km-Lauf

Category:
Schülerinnen

Total time: 22:58

Speed: 13.06 km/h
Running performance: 4:35 min/km

Rank in course/Total: 33 (of 112)

Rank in course/Women: 6 (of 36)

Best time in course: 20:39

Rank in category: 5(of 8)

Best time in the category: 21:06