



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Heinze, Christian

Club: Erfurt
Number: 1315

Course: 5.00 km
5 km-Lauf

Category:
Männer

Total time: 24:22

Speed: 12.31 km/h
Running performance: 4:52 min/km

Rank in course/Total: 45 (of 112)

Rank in course/Men: 36 (of 76)

Best time in course: 16:48

Rank in category: 26(of 58)

Best time in the category: 16:48