



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Gras, Manuel

Club: ESC Erfurt  
Number: 2047

Course: 10.00 km  
Hauptlauf

Category:  
Schüler

Total time: 39:03

Speed: 15.36 km/h  
Running performance: 3:54 min/km

Rank in course/Total: 7 (of 182)

Rank in course/Men: 7 (of 159)

Best time in course: 35:53

Rank in category: 1(of 7)

Best time in the category: 39:03