



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Nowinski, Carsten

Club: Lengenfeld/Stein

Number: 2070

Course: 10.00 km

Hauptlauf

Category:

Jugend männlich

Total time: 50:20

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 121 (of 182)

Rank in course/Men: 116 (of 159)

Best time in course: 35:53

Rank in category: 4(of 4)

Best time in the category: 36:09