



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Adam, Lennart

Club: VfB TM Mühlhausen  
Number: 1276

Course: 10.00 km  
Hauptlauf

Category:  
Schüler

Total time: 1:03:53

Speed: 9.39 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 178 (of 182)

Rank in course/Men: 157 (of 159)

Best time in course: 35:53

Rank in category: 6(of 7)

Best time in the category: 39:03