



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

Henning, Benjamin

Club: GS Heyerode

Number: 178

Course: 1.70 km

Schülerlauf

Category:

männliche Schüler D

Total time: 7:55

Speed: 12.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 99 (of 469)

Rank in course/Men: 71 (of 251)

Best time in course: 5:38

Rank in category: 22(of 153)

Best time in the category: 6:50