



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Kapell, Jens

Club: SG Aufbau Mühlhausen
Number: 136

Course: 5.00 km
5 km-Lauf

Category:
Männer

Total time: 22:54

Speed: 13.10 km/h
Running performance: 4:35 min/km

Rank in course/Total: 39 (of 131)

Rank in course/Men: 35 (of 92)

Best time in course: 15:33

Rank in category: 22(of 70)

Best time in the category: 15:33