



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Henning, Michael

Club: Bundeswehr  
Number: 479

Course: 5.00 km  
5 km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 19:32

Speed: 15.36 km/h  
Running performance: 3:55 min/km

Rank in course/Total: 9 (of 137)

Rank in course/Men: 9 (of 96)

Best time in course: 17:31

Rank in category: 3(of 22)

Best time in the category: 18:40