



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Herzer, Nils

Club: LAC Erfurt  
Number: 840

Course: 5.00 km  
5 km-Lauf

Category:  
männliche Jugend U16 (14-15 Jahre)

Total time: 20:00

Speed: 15.00 km/h  
Running performance: 4:00 min/km

Rank in course/Total: 10 (of 152)

Rank in course/Men: 10 (of 108)

Best time in course: 16:38

Rank in category: 2(of 13)

Best time in the category: 19:20