



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Koch, Sebastian

Club: Mühlhausen  
Number: 770

Course: 5.00 km  
5 km-Lauf

Category:  
männliche Jugend (16-19 Jahre)

Total time: 21:10

Speed: 14.17 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 19 (of 152)

Rank in course/Men: 19 (of 108)

Best time in course: 16:38

Rank in category: 4(of 7)

Best time in the category: 16:38