



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Helbig, Lena Charlotte

Number: 818

Course: 5.00 km  
5 km-Lauf

Category:  
weibliche Jugend U16 (14-15 Jahre)

Total time: 29:06

Speed: 10.31 km/h

Running performance: 5:49 min/km

Rank in course/Total: 115 (of 152)

Rank in course/Women: 26 (of 44)

Best time in course: 22:03

Rank in category: 2(of 2)

Best time in the category: 25:15