



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Puls, Johanna**

Club: ThSV 1886 Geschwenda  
Number: 975

Course: 1.20 km  
Schüler- und Jedermannlauf

Category:  
AK 12 weiblich

Total time: 7:36

Speed: 7.89 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 50 (of 66)  
Rank in course/Women: 21 (of 34)

Best time in course: 5:40

Rank in category: 4(of 4)  
Best time in the category: 5:40