



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Kaufhold, Lucia**

Club: GS Heyerode  
Number: 692

Course: 1.70 km  
Schülerlauf

Category:  
weibliche Schüler D

Total time: 10:00

Speed: 10.20 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 299 (of 426)  
Rank in course/Women: 112 (of 186)  
Best time in course: 6:14

Rank in category: 48(of 107)  
Best time in the category: 6:43