



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Nörder, Lena**

Club: Sophienschule  
Number: 977

Course: 1.70 km  
Schülerlauf

Category:  
weibliche Schüler D

Total time: 10:11

Speed: 5.89 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 311 (of 426)  
Rank in course/Women: 122 (of 186)  
Best time in course: 6:14

Rank in category: 57(of 107)  
Best time in the category: 6:43