



3. Bad Salzunger Burgseelauf Bad Salzungen / 06.05.2009

Detailed evaluation

Sussdorf, Jürgen

Club: Völkershäusen/GMRLV
Number: 254

Course: 18.24 km
Hauptlauf 3 (15 Runden)

Category:
Männer M65

Total time: 1:45:10

Speed: 10.27 km/h
Running performance: 5:46 min/km

Rank in course/Total: 3 (of 5)

Rank in course/Men: 3 (of 3)

Best time in course: 1:16:29

Rank in category: 1(of 1)

Best time in the category: 1:45:10