



3. Bad Salzunger Burgseelauf  
Bad Salzungen / 06.05.2009

Detailed evaluation

Michl, Rene

Club: Sportteam Steinbach Meiningen  
Number: 199

Course: 6.08 km  
Hauptlauf 1 (5 Runden)

Category:  
Männer M35

Total time: 24:18

Speed: 15.01 km/h  
Running performance: 4:00 min/km

Rank in course/Total: 2 (of 26)

Rank in course/Men: 2 (of 15)

Best time in course: 21:17

Rank in category: 1(of 1)

Best time in the category: 24:18