



### 3. Bad Salzunger Burgseelauf Bad Salzungen / 06.05.2009

#### Detailed evaluation

**Limpert, Ramona**

Club: Sportteam STEINBACH  
Number: 0

Course: 6.08 km  
Hauptlauf 1 (5 Runden)

Category:  
Frauen W30

Total time: 30:14

Speed: 11.91 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 5 (of 26)  
Rank in course/Women: 1 (of 11)  
Best time in course: 30:14

Rank in category: 1(of 1)  
Best time in the category: 30:14