



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