



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

#### Detailed evaluation

Abe, Uta

Club: 1. Stadtschule

Number: 0

Course: 6.08 km

Hauptlauf 1 (5 Runden)

Category:

Frauen W45

Total time: 42:20

Speed: 8.50 km/h

Running performance: 6:58 min/km

Rank in course/Total: 16 (of 26)

Rank in course/Women: 4 (of 11)

Best time in course: 30:14

Rank in category: 2(of 3)

Best time in the category: 39:44