



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

#### Detailed evaluation

#### Silvester Runners 2

Club: Silvester Runners 2  
Number: 11

Course: 12.16 km  
Paarstaffellauf 10 Runden

Category:  
Staffel Frauen

Total time: 58:38

Speed: 12.28 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 4 (of 9)

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Best time in course: 42:05

Rank in category: 2(of 5)

Best time in the category: 47:02