



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

#### Detailed evaluation

#### Silvester Runners 3

Club: Silvester Runners 3  
Number: 5

Course: 12.16 km  
Paarstaffellauf 10 Runden

Category:  
Staffel Frauen

Total time: 59:09

Speed: 12.17 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 5 (of 9)

Rank in course/Total: 5 (of 9)

Best time in course: 42:05

Rank in category: 3(of 5)

Best time in the category: 47:02