



3. Bad Salzunger Burgseelauf Bad Salzungen / 06.05.2009

Detailed evaluation

Silvester Runners 4

Club: Silvester Runners 4
Number: 3

Course: 12.16 km
Paarstaffellauf 10 Runden

Category:
Staffel Frauen

Total time: 1:02:51

Speed: 11.46 km/h
Running performance: 5:10 min/km

Rank in course/Total: 7 (of 9)

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Best time in course: 42:05

Rank in category: 5(of 5)

Best time in the category: 47:02