



3. Bad Salzunger Burgseelauf Bad Salzungen / 06.05.2009

Detailed evaluation

Spannagel, Bohn

Club: Bohn/ Spannagel

Number: 19

Course: 12.16 km

Paarstaffellauf 10 Runden

Category:

Staffel Männer

Total time: 1:07:12

Speed: 10.71 km/h

Running performance: 5:32 min/km

Rank in course/Total: 8 (of 9)

Rank in course/Total: 8 (of 9)

Best time in course: 42:05

Rank in category: 2(of 3)

Best time in the category: 43:07