



## 5. Pummpälzlauf

Behringen/ Mosbach-Rennsteig/ Bad Salzungen-Keltenbad / 08.06.2008

### Detailed evaluation

**Rose, Frank**

Club: Behringen

Number: 504

Course: 42.20 km

Marathon

Category:

Männer M45

Total time: 4:39:39

Speed: 9.05 km/h

Running performance: 6:38 min/km

Rank in course/Total: 4 (of 6)

Rank in course/Men: 4 (of 6)

Best time in course: 3:02:56

Rank in category: 1(of 1)

Best time in the category: 4:39:39