



## 5. Pummpälzlauf

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

### Detailed evaluation

**Lämmerhirt, Torsten**

Club: DAV Inselberg Brotterode  
Number: 502

Course: 42.20 km  
Marathon

Category:  
Männer M40

Total time: 5:56:49

Speed: 7.06 km/h  
Running performance: 8:28 min/km

Rank in course/Total: 6 (of 6)

Rank in course/Men: 6 (of 6)

Best time in course: 3:02:56

Rank in category: 4(of 4)

Best time in the category: 3:02:56