



## 6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

### Detailed evaluation

**Sauer, Falk**

Club: Goldau/Schweitz

Number: 318

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M45

Total time: 48:47

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 55 (of 96)

Rank in course/Men: 45 (of 62)

Best time in course: 27:44

Rank in category: 10(of 13)

Best time in the category: 37:55