



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Adam, Heiko

Club: Dorndorf

Number: 299

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M50

Total time: 53:41

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 62 (of 96)

Rank in course/Men: 49 (of 62)

Best time in course: 27:44

Rank in category: 6(of 7)

Best time in the category: 40:55