



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla

Number: 177

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M55

Total time: 56:35

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 68 (of 96)

Rank in course/Men: 52 (of 62)

Best time in course: 27:44

Rank in category: 5(of 5)

Best time in the category: 40:43