



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Nennstiel, Frank

Club: First Fitness

Number: 121

Course: 79.00 km

Rhön Crossbike

Category:

Crossbike männlich

Total time: 4:04:45

Speed: 19.37 km/h

Running performance: 3:06 min/km

Rank in course/Total: 53 (of 65)

Rank in course/Men: 47 (of 54)

Best time in course: 2:28:45

Rank in category: 47(of 54)

Best time in the category: 2:28:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Geisa Stern	38.20	1:48:30	2:50	47	40:29	47	40:29	38.20	1:48:30	2:50	54	10:28	54	10:28
Point Alpha	1.70	14:37	8:35	48	8:03	48	8:03	39.90	2:03:07	3:05	54	12:46	54	12:46
Vacha/ Werrabrü	18.30	1:00:12	3:17	49	26:12	49	26:12	58.20	3:03:19	3:08	54	19:54	54	19:54
Dorndorf/Kirsting	3.70	10:48	2:55	47	4:01	47	4:01	61.90	3:14:07	3:08	54	20:26	54	20:26
Finish	17.10	50:38	2:57	42	18:03	42	18:03	79.00	4:04:45	3:05	47	1:36:00	47	1:36:00