



## 6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

### Detailed evaluation

Kranz, Fred

Club: Empfertshausen

Number: 287

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M45

Total time: 38:52

Speed: 15.44 km/h

Running performance: 3:53 min/km

Rank in course/Total: 9 (of 96)

Rank in course/Men: 8 (of 62)

Best time in course: 27:44

Rank in category: 2(of 13)

Best time in the category: 37:55