



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Rüdiger Freitag, Martin Freitag

Club: _moorgrund runners_
Number: 30

Course: 42.20 km
Town&Country Run&Bike

Category:
Duo Männer

Total time: 3:05:54

Speed: 13.56 km/h
Running performance: 4:25 min/km

Rank in course/Total: 11 (of 20)

Rank in course/Total: 11 (of 20)

Best time in course: 2:31:48

Rank in category: 9(of 16)

Best time in the category: 2:31:48

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Wutha	14.60	1:02:20	4:16	6	7:09	8	7:09	14.60	1:02:20	4:16	8	7:09	12	5:43
Finish	27.60	2:03:34	4:28	12	32:50	14	32:50	42.20	3:05:54	4:24	9	34:06	11	34:06