



## 6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

### Detailed evaluation

**Gnauk, Marcel**

Club: FC Konstanz

Number: 1324

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M20

Total time: 1:23:46

Speed: 15.04 km/h

Running performance: 3:58 min/km

Rank in course/Total: 4 (of 129)

Rank in course/Men: 4 (of 98)

Best time in course: 1:14:18

Rank in category: 2(of 15)

Best time in the category: 1:14:18