



## 6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

### Detailed evaluation

**Wiegand, Frank**

Club: Bad Salzungen

Number: 1350

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M45

Total time: 1:36:45

Speed: 13.02 km/h

Running performance: 4:35 min/km

Rank in course/Total: 22 (of 129)

Rank in course/Men: 22 (of 98)

Best time in course: 1:14:18

Rank in category: 3(of 17)

Best time in the category: 1:21:15