



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Kürschner, Heiko

Club: WSC 07 Ruhla

Number: 1341

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M45

Total time: 1:38:44

Speed: 12.76 km/h

Running performance: 4:41 min/km

Rank in course/Total: 29 (of 129)

Rank in course/Men: 29 (of 98)

Best time in course: 1:14:18

Rank in category: 5(of 17)

Best time in the category: 1:21:15