



## 6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

### Detailed evaluation

Iffert, Karl

Club: Wernshausen

Number: 1174

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M55

Total time: 1:38:49

Speed: 12.75 km/h

Running performance: 4:41 min/km

Rank in course/Total: 31 (of 129)

Rank in course/Men: 31 (of 98)

Best time in course: 1:14:18

Rank in category: 4(of 7)

Best time in the category: 1:31:35