



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Schmalz, Frank

Club: Alea-Sanitas / Powerteam mit Biss

Number: 1229

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M30

Total time: 1:40:07

Speed: 12.59 km/h

Running performance: 4:44 min/km

Rank in course/Total: 34 (of 129)

Rank in course/Men: 34 (of 98)

Best time in course: 1:14:18

Rank in category: 6(of 13)

Best time in the category: 1:25:54