



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Heller, Jens

Club: Alea-Sanitas / Powerteam mit Biss

Number: 1166

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M30

Total time: 1:41:39

Speed: 12.40 km/h

Running performance: 4:49 min/km

Rank in course/Total: 40 (of 129)

Rank in course/Men: 40 (of 98)

Best time in course: 1:14:18

Rank in category: 7(of 13)

Best time in the category: 1:25:54