



## 6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

### Detailed evaluation

**Grützmacher, Ansgar**

Club: LSV Stadtlengsfeld-Vacha

Number: 1003

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M40

Total time: 1:42:20

Speed: 12.31 km/h

Running performance: 4:51 min/km

Rank in course/Total: 42 (of 129)

Rank in course/Men: 42 (of 98)

Best time in course: 1:14:18

Rank in category: 7(of 15)

Best time in the category: 1:24:54