



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Frank, Pfannstiel

Club: Trusetal

Number: 1340

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M40

Total time: 1:45:56

Speed: 11.89 km/h

Running performance: 5:01 min/km

Rank in course/Total: 54 (of 129)

Rank in course/Men: 53 (of 98)

Best time in course: 1:14:18

Rank in category: 10(of 15)

Best time in the category: 1:24:54