



## 6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

### Detailed evaluation

#### Steinbach, Maik

Club: Sportteam-Steinbach Meiningen  
Number: 1273

Course: 21.10 km  
Pummpälz Halbmarathon (Lauf)

Category:  
Männer M30

Total time: 1:46:52

Speed: 11.79 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 57 (of 129)

Rank in course/Men: 55 (of 98)

Best time in course: 1:14:18

Rank in category: 10(of 13)

Best time in the category: 1:25:54