



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Radelhof, Alfred

Club: Rennsteiglaufverein

Number: 1177

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M55

Total time: 1:47:49

Speed: 11.69 km/h

Running performance: 5:07 min/km

Rank in course/Total: 60 (of 129)

Rank in course/Men: 58 (of 98)

Best time in course: 1:14:18

Rank in category: 7(of 7)

Best time in the category: 1:31:35