



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Zschäbitz, Ralf

Club: Philippsthaler Landgrafen

Number: 1318

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M45

Total time: 1:48:28

Speed: 11.62 km/h

Running performance: 5:08 min/km

Rank in course/Total: 63 (of 129)

Rank in course/Men: 61 (of 98)

Best time in course: 1:14:18

Rank in category: 10(of 17)

Best time in the category: 1:21:15