



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Bahrs, Sönke

Club: Magdala

Number: 1297

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M40

Total time: 1:50:38

Speed: 11.39 km/h

Running performance: 5:14 min/km

Rank in course/Total: 72 (of 129)

Rank in course/Men: 68 (of 98)

Best time in course: 1:14:18

Rank in category: 11(of 15)

Best time in the category: 1:24:54