



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Zamzow, Steffi

Club: Rhönbrauerei Dittmar

Number: 1256

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Frauen W50

Total time: 2:03:38

Speed: 10.19 km/h

Running performance: 5:52 min/km

Rank in course/Total: 108 (of 129)

Rank in course/Women: 14 (of 31)

Best time in course: 1:45:36

Rank in category: 3(of 4)

Best time in the category: 1:58:58