



## 6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

### Detailed evaluation

**Berndt, Ralf**

Club: Stadtlengsfeld

Number: 1223

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M20

Total time: 2:07:53

Speed: 9.85 km/h

Running performance: 6:04 min/km

Rank in course/Total: 123 (of 129)

Rank in course/Men: 96 (of 98)

Best time in course: 1:14:18

Rank in category: 15(of 15)

Best time in the category: 1:14:18