



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Amstein, Fredo

Club: Wahns

Number: 1294

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M50

Total time: 2:17:38

Speed: 9.15 km/h

Running performance: 6:31 min/km

Rank in course/Total: 125 (of 129)

Rank in course/Men: 97 (of 98)

Best time in course: 1:14:18

Rank in category: 8(of 8)

Best time in the category: 1:34:48