



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Lämmerhirt, Dennis

Club: RSV Pfeil Wingerode

Number: 176

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M20

Total time: 40:48

Speed: 14.71 km/h

Running performance: 4:05 min/km

Rank in course/Total: 19 (of 96)

Rank in course/Men: 18 (of 62)

Best time in course: 27:44

Rank in category: 5(of 12)

Best time in the category: 27:44