



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Bräutigam, Rogondis

Club: First Fitness

Number: 1150

Course: 21.10 km

Pummpälz Halbmarathon (NordicWalking)

Total time: 3:05:34

Speed: 6.79 km/h

metres in height up: 351

Course score: 26.27

performance score: 187 Points