



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Lasser, Stefan

Club: laufen-aktuell.de

Number: 510

Course: 42.20 km

Town&Country Marathon

Category:

Männer M30

Total time: 4:02:44

Speed: 10.38 km/h

Running performance: 5:45 min/km

Rank in course/Total: 3 (of 8)

Rank in course/Men: 3 (of 8)

Best time in course: 3:09:35

Rank in category: 1(of 1)

Best time in the category: 4:02:44

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Wutha	14.60	1:31:37	6:16	1	-	3	23:32	14.60	1:31:37	6:16	1	-	3	23:32
Finish	27.60	2:31:07	5:28	1	-	3	29:37	42.20	4:02:44	5:45	1	-	3	53:09