



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Rose, Frank

Club: Behringen

Number: 505

Course: 42.20 km

Town&Country Marathon

Category:

Männer M45

Total time: 4:20:04

Speed: 9.69 km/h

Running performance: 6:10 min/km

Rank in course/Total: 5 (of 8)

Rank in course/Men: 5 (of 8)

Best time in course: 3:09:35

Rank in category: 1(of 1)

Best time in the category: 4:20:04

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	1:31:40	6:16	1	-	5	23:35	14.60	1:31:40	6:16	1	-	5	23:35
Finish	27.60	2:48:24	6:06	1	-	5	46:54	42.20	4:20:04	6:09	1	-	5	1:10:29