



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 |