



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Pohl, Wolfgang

Club: SV Normania Treffurt

Number: 515

Course: 42.20 km

Town&Country Marathon

Category:

Männer M55

Total time: 4:50:09

Speed: 8.69 km/h

Running performance: 6:53 min/km

Rank in course/Total: 7 (of 8)

Rank in course/Men: 7 (of 8)

Best time in course: 3:09:35

Rank in category: 2(of 2)

Best time in the category: 4:41:32

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	1:55:06	7:53	2	17:40	8	47:01	14.60	1:55:06	7:53	2	17:40	7	47:01
Finish	27.60	2:55:03	6:20	1	-	6	53:33	42.20	4:50:09	6:52	2	8:37	7	1:40:34