



## 6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

### Detailed evaluation

**Matz, Heiko**

Club: Bad Salzungen

Number: 284

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M50

Total time: 46:18

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 33 (of 96)

Rank in course/Men: 30 (of 62)

Best time in course: 27:44

Rank in category: 5(of 7)

Best time in the category: 40:55