



6. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

Detailed evaluation

Plötz, Heiko

Club: Mühlhausen

Number: 199

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M40

Total time: 47:30

Speed: 12.63 km/h

Running performance: 4:45 min/km

Rank in course/Total: 46 (of 96)

Rank in course/Men: 40 (of 62)

Best time in course: 27:44

Rank in category: 4(of 5)

Best time in the category: 28:00