



7. Town & Country Pummälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Lämmerhirt, Annette

Club: Alea-Sanitas - Powerteam mit Biss
Number: 76

Course: 10.00 km
Keltenbadlauf (Lauf)

Category:
Frauen W40

Total time: 59:55

Speed: 10.01 km/h
Running performance: 5:59 min/km

Rank in course/Total: 53 (of 76)
Rank in course/Women: 15 (of 30)
Best time in course: 38:48

Rank in category: 6(of 7)
Best time in the category: 43:15