



## 7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

### Detailed evaluation

**Jakob, Thomas**

Club: SG Lutter

Number: 318

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M40

Total time: 1:37:26

Speed: 12.93 km/h

Running performance: 4:37 min/km

Rank in course/Total: 21 (of 164)

Rank in course/Men: 21 (of 127)

Best time in course: 1:22:05

Rank in category: 5(of 25)

Best time in the category: 1:28:40