



7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Demuth, Kay

Club: LG Weingarten

Number: 315

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M30

Total time: 1:39:47

Speed: 12.63 km/h

Running performance: 4:44 min/km

Rank in course/Total: 29 (of 164)

Rank in course/Men: 28 (of 127)

Best time in course: 1:22:05

Rank in category: 6(of 16)

Best time in the category: 1:22:24