



7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Iffert, Karl

Club: Wernshäuser Lauftreff

Number: 538

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M55

Total time: 1:42:41

Speed: 12.27 km/h

Running performance: 4:52 min/km

Rank in course/Total: 36 (of 164)

Rank in course/Men: 34 (of 127)

Best time in course: 1:22:05

Rank in category: 4(of 11)

Best time in the category: 1:32:36