



7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Gratz, Ralf

Club: Tiefenort

Number: 501

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M45

Total time: 1:47:31

Speed: 11.72 km/h

Running performance: 5:06 min/km

Rank in course/Total: 50 (of 164)

Rank in course/Men: 47 (of 127)

Best time in course: 1:22:05

Rank in category: 7(of 22)

Best time in the category: 1:33:16