



## 7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

### Detailed evaluation

**Gasterstedt, Ralf**

Club: Unkeroda

Number: 519

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M45

Total time: 1:49:37

Speed: 11.49 km/h

Running performance: 5:12 min/km

Rank in course/Total: 58 (of 164)

Rank in course/Men: 55 (of 127)

Best time in course: 1:22:05

Rank in category: 8(of 22)

Best time in the category: 1:33:16