



## 7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

### Detailed evaluation

**Grützmacher, Ansgar**

Club: Stadtlengsfeld

Number: 355

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M40

Total time: 1:49:39

Speed: 11.49 km/h

Running performance: 5:12 min/km

Rank in course/Total: 59 (of 164)

Rank in course/Men: 56 (of 127)

Best time in course: 1:22:05

Rank in category: 12(of 25)

Best time in the category: 1:28:40