



## 7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

### Detailed evaluation

**Werner, Ralf**

Club: StedtfelderRennsteigFreunde  
Number: 340

Course: 21.10 km  
Pummwälz Halbmarathon (Lauf)

Category:  
Männer M40

Total time: 1:55:03

Speed: 10.95 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 89 (of 164)

Rank in course/Men: 81 (of 127)

Best time in course: 1:22:05

Rank in category: 16(of 25)

Best time in the category: 1:28:40