



## 7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

### Detailed evaluation

**Plötz, Heiko**

Club: Mühlhausen

Number: 0

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M40

Total time: 1:55:18

Speed: 10.93 km/h

Running performance: 5:28 min/km

Rank in course/Total: 91 (of 164)

Rank in course/Men: 83 (of 127)

Best time in course: 1:22:05

Rank in category: 17(of 25)

Best time in the category: 1:28:40