



7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Rug, Stefan

Club: Team EurRec

Number: 445

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M40

Total time: 2:01:15

Speed: 10.39 km/h

Running performance: 5:45 min/km

Rank in course/Total: 107 (of 164)

Rank in course/Men: 93 (of 127)

Best time in course: 1:22:05

Rank in category: 19(of 25)

Best time in the category: 1:28:40