



## 7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

### Detailed evaluation

**Van Boekel, Ingolf**

Club: Fix& Foxi

Number: 510

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M55

Total time: 2:01:31

Speed: 10.37 km/h

Running performance: 5:46 min/km

Rank in course/Total: 108 (of 164)

Rank in course/Men: 94 (of 127)

Best time in course: 1:22:05

Rank in category: 7(of 11)

Best time in the category: 1:32:36