



7. Town & Country Pummälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Bledau, Uwe

Club: Dorndorf

Number: 438

Course: 21.10 km

Pummälz Halbmarathon (Lauf)

Category:

Männer M40

Total time: 2:03:39

Speed: 10.19 km/h

Running performance: 5:52 min/km

Rank in course/Total: 116 (of 164)

Rank in course/Men: 100 (of 127)

Best time in course: 1:22:05

Rank in category: 20(of 25)

Best time in the category: 1:28:40