



## 7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

### Detailed evaluation

**Rasch, Holger**

Club: SV Mihla

Number: 534

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M45

Total time: 2:03:52

Speed: 10.17 km/h

Running performance: 5:52 min/km

Rank in course/Total: 120 (of 164)

Rank in course/Men: 102 (of 127)

Best time in course: 1:22:05

Rank in category: 17(of 22)

Best time in the category: 1:33:16