



7. Town & Country Pummälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Lauenstein, Wolfgang

Club: SV Kali U-bach

Number: 397

Course: 21.10 km

Pummälz Halbmarathon (Lauf)

Category:

Männer M50

Total time: 2:04:19

Speed: 10.14 km/h

Running performance: 5:53 min/km

Rank in course/Total: 121 (of 164)

Rank in course/Men: 103 (of 127)

Best time in course: 1:22:05

Rank in category: 9(of 12)

Best time in the category: 1:35:56