



7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Messerschmidt, Michael

Club: Fitness-Club Keltenbad

Number: 411

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M20

Total time: 2:09:14

Speed: 9.75 km/h

Running performance: 6:07 min/km

Rank in course/Total: 134 (of 164)

Rank in course/Men: 113 (of 127)

Best time in course: 1:22:05

Rank in category: 16(of 17)

Best time in the category: 1:24:01