



## 7. Town & Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

### Detailed evaluation

**Sakuth, Holger**

Club: M&H Rennsteigteam (Eisenach)

Number: 21

Course: 42.20 km

Melborn Marathon

Category:

Männer M45

Total time: 4:09:40

Speed: 10.09 km/h

Running performance: 5:55 min/km

Rank in course/Total: 11 (of 19)

Rank in course/Men: 9 (of 15)

Best time in course: 2:54:50

Rank in category: 2(of 3)

Best time in the category: 3:36:18