



7. Town & Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Glöde, Andreas

Club: Fitnesscenter KEMPO

Number: 5

Course: 42.20 km

Melborn Marathon

Category:

Männer M45

Total time: 4:19:44

Speed: 9.70 km/h

Running performance: 6:09 min/km

Rank in course/Total: 12 (of 19)

Rank in course/Men: 10 (of 15)

Best time in course: 2:54:50

Rank in category: 3(of 3)

Best time in the category: 3:36:18