



7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg

Number: 508

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M40

Total time: 2:21:23

Speed: 8.91 km/h

Running performance: 6:42 min/km

Rank in course/Total: 150 (of 164)

Rank in course/Men: 122 (of 127)

Best time in course: 1:22:05

Rank in category: 24(of 25)

Best time in the category: 1:28:40