



## 7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

### Detailed evaluation

**Amstein, Fredo**

Club: Wahns

Number: 507

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M50

Total time: 2:29:15

Speed: 8.44 km/h

Running performance: 7:04 min/km

Rank in course/Total: 157 (of 164)

Rank in course/Men: 123 (of 127)

Best time in course: 1:22:05

Rank in category: 12(of 12)

Best time in the category: 1:35:56