



## 7. Town & Country Pummälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

### Detailed evaluation

**Dienes, Kay**

Club: Eisenach

Number: 342

Course: 21.10 km

Pummälz Halbmarathon (Lauf)

Category:

Männer M20

Total time: 2:29:47

Speed: 8.41 km/h

Running performance: 7:06 min/km

Rank in course/Total: 158 (of 164)

Rank in course/Men: 124 (of 127)

Best time in course: 1:22:05

Rank in category: 17(of 17)

Best time in the category: 1:24:01