



## 7. Town & Country Pummwälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

### Detailed evaluation

**Frisch, Kay**

Club: Fitness-Club Keltenbad

Number: 423

Course: 21.10 km

Pummwälz Halbmarathon (Lauf)

Category:

Männer M40

Total time: 2:34:05

Speed: 8.18 km/h

Running performance: 7:18 min/km

Rank in course/Total: 160 (of 164)

Rank in course/Men: 126 (of 127)

Best time in course: 1:22:05

Rank in category: 25(of 25)

Best time in the category: 1:28:40