



# 7. Town & Country Pummälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

## Detailed evaluation

**Lahs, Nico**

Club: CTS Sünna

Number: 1199

Course: 79.00 km

Rhön Cross&Country

Category:

Crossbike Männer 31 bis 40 Jahre

Total time: 3:17:35

Speed: 23.99 km/h

Rank in course/Total: 37 (of 62)

Rank in course/Men: 35 (of 55)

Best time in course: 2:34:31

Rank in category: 13(of 20)

Best time in the category: 2:37:06

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Geisa Stern	38.20	1:22:49	27.53	14	10:48	33	10:48	38.20	1:22:49	27.53	9	6:19	8	
Point Alpha	1.70	10:44	5.59	12	3:55	31	4:03	39.90	1:33:33	25.01	9	6:03	8	
Vacha/ Werrabrü	18.30	44:31	24.26	15	9:59	42	18:29	58.20	2:18:04	25.21	9	7:54	8	
Dorndorf/Kirsting	3.70	8:27	21.30	10	1:35	26	3:30	61.90	2:26:31	24.98	9	7:49	8	
Finish	17.10	51:04	19.97	16	14:43	39	14:59	79.00	3:17:35	23.99	13	40:29	35	43:04