



7. Town & Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Siemon, Thomas

Club: Creuzburg

Number: 137

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M45

Total time: 42:22

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 6 (of 76)

Rank in course/Men: 5 (of 46)

Best time in course: 37:29

Rank in category: 1(of 9)

Best time in the category: 42:22