



7. Town & Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Gräf, Thomas

Club: Kaltensundheim

Number: 141

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M45

Total time: 45:19

Speed: 13.24 km/h

Running performance: 4:32 min/km

Rank in course/Total: 14 (of 76)

Rank in course/Men: 9 (of 46)

Best time in course: 37:29

Rank in category: 3(of 9)

Best time in the category: 42:22