



# Glückauf Brügman Halbmarathon

Brügman-Schacht, Sondershausen, Erlebnisbergwerk / 05.03.2011

## Detailed evaluation

**PONATH, Norbert**

Club: TV Buchenau

Number: 109

Course: 21.08 km

Halbmarathon

Category:

Männer M50

Total time: 2:06:51

Speed: 9.93 km/h

Running performance: 6:01 min/km

Rank in course/Total: 63 (of 156)

Rank in course/Men: 56 (of 138)

Best time in course: 1:29:12

Rank in category: 9(of 23)

Best time in the category: 1:36:08