



## 8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

### Detailed evaluation

**Nefke, Raimund**

Club: Sporttteam Steinbach

Number: 365

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M50

Total time: 48:42

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 18 (of 100)

Rank in course/Men: 17 (of 53)

Best time in course: 41:27

Rank in category: 3(of 6)

Best time in the category: 42:21