



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Sömmer, Fred

Club: BSG Wartburg-Sparkasse

Number: 222

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M45

Total time: 53:10

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 31 (of 100)

Rank in course/Men: 27 (of 53)

Best time in course: 41:27

Rank in category: 3(of 9)

Best time in the category: 45:48