



## 8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

### Detailed evaluation

**Schindewolf, Ulrich**

Club: Lauf Dich Fit

Number: 323

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M45

Total time: 57:59

Speed: 10.35 km/h

Running performance: 5:48 min/km

Rank in course/Total: 44 (of 100)

Rank in course/Men: 36 (of 53)

Best time in course: 41:27

Rank in category: 5(of 9)

Best time in the category: 45:48