



## 8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

### Detailed evaluation

**Adam, Heiko**

Club: Dorndorfer SV 03

Number: 354

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M50

Total time: 59:29

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 49 (of 100)

Rank in course/Men: 38 (of 53)

Best time in course: 41:27

Rank in category: 5(of 6)

Best time in the category: 42:21