



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Lochmann, Ingo

Club: Asklepios Medical Fitness

Number: 214

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M45

Total time: 1:09:00

Speed: 8.70 km/h

Running performance: 6:54 min/km

Rank in course/Total: 81 (of 100)

Rank in course/Men: 49 (of 53)

Best time in course: 41:27

Rank in category: 9(of 9)

Best time in the category: 45:48