



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Messerschmidt, Lothar

Club: Ruhla
Number: 596

Course: 21.10 km

Pummpälz Halbmarathon (NordicWalking)

Total time: 2:43:44

Speed: 7.70 km/h

metres in height up: 305
Course score: 25.58

performance score: 207 Points