



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Sauer, Dirk

Club: Fitness-Club im Keltenbad

Number: 565

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M45

Total time: 1:34:01

Speed: 13.40 km/h

Running performance: 4:28 min/km

Rank in course/Total: 8 (of 148)

Rank in course/Men: 8 (of 112)

Best time in course: 1:17:43

Rank in category: 2(of 27)

Best time in the category: 1:31:35