



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Wiegand, Frank

Club: Bad Salzungen

Number: 479

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M45

Total time: 1:36:13

Speed: 13.10 km/h

Running performance: 4:34 min/km

Rank in course/Total: 11 (of 148)

Rank in course/Men: 11 (of 112)

Best time in course: 1:17:43

Rank in category: 4(of 27)

Best time in the category: 1:31:35