



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Syla, Elvira

Club: Powerteam mit Biss Alea Sanitas

Number: 525

Course: 21.10 km

Pummpälz Halbmarathon (NordicWalking)

Total time: 3:13:45

Speed: 6.53 km/h

metres in height up: 305

Course score: 25.58

performance score: 175 Points