



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Rübsam, Nadin

Club: Tiefenort

Number: 519

Course: 21.10 km

Pummpälz Halbmarathon (NordicWalking)

Total time: 3:15:13

Speed: 6.45 km/h

metres in height up: 305

Course score: 25.58

performance score: 173 Points