



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Demuth, Kay

Club: Weingarten

Number: 412

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M30

Total time: 1:45:13

Speed: 11.98 km/h

Running performance: 4:59 min/km

Rank in course/Total: 25 (of 148)

Rank in course/Men: 23 (of 112)

Best time in course: 1:17:43

Rank in category: 3(of 11)

Best time in the category: 1:31:24