



## 8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

### Detailed evaluation

**Gratz, Ralf**

Club: Tiefenort

Number: 421

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M45

Total time: 1:48:49

Speed: 11.58 km/h

Running performance: 5:10 min/km

Rank in course/Total: 36 (of 148)

Rank in course/Men: 34 (of 112)

Best time in course: 1:17:43

Rank in category: 7(of 27)

Best time in the category: 1:31:35