



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Gasterstedt, Ralf

Club: Unkeroda

Number: 589

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M45

Total time: 1:51:30

Speed: 11.30 km/h

Running performance: 5:17 min/km

Rank in course/Total: 48 (of 148)

Rank in course/Men: 45 (of 112)

Best time in course: 1:17:43

Rank in category: 8(of 27)

Best time in the category: 1:31:35