



## 8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

### Detailed evaluation

Heller, Jens

Club: Alea Sanitas

Number: 575

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M30

Total time: 1:51:53

Speed: 11.32 km/h

Running performance: 5:18 min/km

Rank in course/Total: 52 (of 148)

Rank in course/Men: 49 (of 112)

Best time in course: 1:17:43

Rank in category: 5(of 11)

Best time in the category: 1:31:24