



## 8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

### Detailed evaluation

**Balash, Udo**

Club: Ruhla  
Number: 603

Course: 21.10 km  
Pummpälz Halbmarathon (Lauf)

Category:  
Männer M45

Total time: 1:52:54

Speed: 11.16 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 54 (of 148)

Rank in course/Men: 51 (of 112)

Best time in course: 1:17:43

Rank in category: 9(of 27)

Best time in the category: 1:31:35