



## 8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

### Detailed evaluation

**Lachmund, Falk**

Club: Brotterode

Number: 540

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M45

Total time: 1:55:45

Speed: 10.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 68 (of 148)

Rank in course/Men: 59 (of 112)

Best time in course: 1:17:43

Rank in category: 12(of 27)

Best time in the category: 1:31:35