



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Roth, Ralf

Club: Judoclub Kogatan

Number: 581

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M45

Total time: 2:07:25

Speed: 9.94 km/h

Running performance: 6:02 min/km

Rank in course/Total: 106 (of 148)

Rank in course/Men: 89 (of 112)

Best time in course: 1:17:43

Rank in category: 21(of 27)

Best time in the category: 1:31:35