



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg

Number: 483

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M40

Total time: 2:26:20

Speed: 8.65 km/h

Running performance: 6:56 min/km

Rank in course/Total: 130 (of 148)

Rank in course/Men: 107 (of 112)

Best time in course: 1:17:43

Rank in category: 20(of 20)

Best time in the category: 1:24:43