



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Nöltker, August

Club: Hannover

Number: 542

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M55

Total time: 2:26:39

Speed: 8.59 km/h

Running performance: 6:57 min/km

Rank in course/Total: 133 (of 148)

Rank in course/Men: 109 (of 112)

Best time in course: 1:17:43

Rank in category: 8(of 8)

Best time in the category: 1:40:44