



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Bierau, Ronald

Club: Powerteam mit Biss Alea Sanitas
Number: 402

Course: 21.10 km
Pummpälz Halbmarathon (Lauf)

Category:
Männer M45

Total time: 2:28:10

Speed: 8.54 km/h
Running performance: 7:01 min/km

Rank in course/Total: 136 (of 148)

Rank in course/Men: 110 (of 112)

Best time in course: 1:17:43

Rank in category: 27(of 27)

Best time in the category: 1:31:35