



## 8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

### Detailed evaluation

**Frisch, Kai**

Club: Bärfelser Säcke

Number: 532

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Männer M40

Total time: 2:28:49

Speed: 8.51 km/h

Running performance: 7:03 min/km

Rank in course/Total: 138 (of 148)

Rank in course/Men: 112 (of 112)

Best time in course: 1:17:43

Rank in category: 21(of 20)

Best time in the category: 1:24:43