



## 8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

### Detailed evaluation

**Frisch, Andrea**

Club: Bärfelser Säcke

Number: 531

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Frauen W40

Total time: 2:39:04

Speed: 7.92 km/h

Running performance: 7:32 min/km

Rank in course/Total: 143 (of 148)

Rank in course/Women: 31 (of 36)

Best time in course: 1:36:29

Rank in category: 7(of 8)

Best time in the category: 1:53:01