



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Metz, Karin

Club: Spargelläufer Herbsleben

Number: 444

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Frauen W55

Total time: 2:58:41

Speed: 7.05 km/h

Running performance: 8:28 min/km

Rank in course/Total: 145 (of 148)

Rank in course/Women: 33 (of 36)

Best time in course: 1:36:29

Rank in category: 1(of 1)

Best time in the category: 2:58:41