



8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

Detailed evaluation

Hecht, Heike

Club: Spargelläufer Herbsleben

Number: 427

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Frauen W45

Total time: 3:04:26

Speed: 6.83 km/h

Running performance: 8:44 min/km

Rank in course/Total: 146 (of 148)

Rank in course/Women: 34 (of 36)

Best time in course: 1:36:29

Rank in category: 11(of 11)

Best time in the category: 1:53:12