



## 8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

### Detailed evaluation

Zscharnt, Ina

Club: DAV Inselberg

Number: 484

Course: 21.10 km

Pummpälz Halbmarathon (Lauf)

Category:

Frauen W40

Total time: 3:18:32

Speed: 6.35 km/h

Running performance: 9:25 min/km

Rank in course/Total: 147 (of 148)

Rank in course/Women: 35 (of 36)

Best time in course: 1:36:29

Rank in category: 8(of 8)

Best time in the category: 1:53:01