



## 8. Town&Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 05.06.2011

### Detailed evaluation

**Gräf, Thomas**

Club: Kaltensundheim

Number: 367

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Männer M45

Total time: 45:48

Speed: 13.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 7 (of 100)

Rank in course/Men: 7 (of 53)

Best time in course: 41:27

Rank in category: 1(of 9)

Best time in the category: 45:48