



11. Town&Country Rennsteigquerung 2014

Bad Salzungen / 01.06.2014

Detailed evaluation

Helff, Martin

Club: LG Hamm-Kamen-Holzwickede

Number: 133

Course: 21.10 km

Halbmarathon (Lauf)

Category:

Senioren M50

Total time: 1:29:10

Speed: 14.13 km/h

Running performance: 4:14 min/km

Rank in course/Total: 9 (of 119)

Rank in course/Men: 9 (of 83)

Best time in course: 1:16:40

Rank in category: 2(of 14)

Best time in the category: 1:28:56