



# 11. Town&Country Rennsteigquerung 2014

Bad Salzungen / 01.06.2014

## Detailed evaluation

**Puff, Frank**

Club: Bärfelser Säcke

Number: 140

Course: 21.10 km

Halbmarathon (Lauf)

Category:

Senioren M55

Total time: 1:38:11

Speed: 12.83 km/h

Running performance: 4:39 min/km

Rank in course/Total: 28 (of 119)

Rank in course/Men: 26 (of 83)

Best time in course: 1:16:40

Rank in category: 1(of 5)

Best time in the category: 1:38:11