



# 11. Town&Country Rennsteigquerung 2014

Bad Salzungen / 01.06.2014

## Detailed evaluation

**Sömmer, Fred**

Club: BSG Wartburg-Sparkasse

Number: 216

Course: 10.00 km

Keltenbadlauf (Lauf)

Category:

Senioren M45

Total time: 54:35

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 32 (of 68)

Rank in course/Men: 27 (of 46)

Best time in course: 37:52

Rank in category: 5(of 7)

Best time in the category: 44:29