



## 12. Town & Country Rennsteigquerung

Welterbe-Luther-Region / 28.06.2015

### Detailed evaluation

**Schwalbe, Nils**

Club: SV Schwabhausen

Number: 424

Course: 10.00 km

Viertelmarathon (Lauf)

Category:

Senioren M30

Total time: 1:10:10

Speed: 8.55 km/h

Running performance: 7:01 min/km

Rank in course/Total: 35 (of 55)

Rank in course/Men: 30 (of 39)

Best time in course: 44:20

Rank in category: 3(of 3)

Best time in the category: 59:27