



7. Town & Country Pummälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Bierau, Ronald

Club: Alea-Sanitas - Powerteam mit Biss
Number: 390

Course: 21.10 km
Pummälz Halbmarathon (Lauf)

Category:
Männer M40

Total time: 1:58:40

Speed: 10.67 km/h
Running performance: 5:37 min/km

Rank in course/Total: 100 (of 164)

Rank in course/Men: 88 (of 127)

Best time in course: 1:22:05

Rank in category: 18 (of 25)

Best time in the category: 1:28:40