



## 7. Town & Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

### Detailed evaluation

**Seidel, Katrin**

Club: Town & Country Neustadt (Orla)

Number: 16

Course: 42.20 km

Melborn Marathon

Category:

Frauen W40

Total time: 4:30:29

Speed: 9.36 km/h

Running performance: 6:25 min/km

Rank in course/Total: 14 (of 19)

Rank in course/Women: 3 (of 4)

Best time in course: 3:51:41

Rank in category: 1(of 2)

Best time in the category: 4:30:29