



7. Town & Country Pummpälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Rühl, Wolfgang

Club: LT Hemsbach

Number: 18

Course: 42.20 km

Melborn Marathon

Category:

Männer M55

Total time: 4:42:25

Speed: 8.97 km/h

Running performance: 6:41 min/km

Rank in course/Total: 17 (of 19)

Rank in course/Men: 14 (of 15)

Best time in course: 2:54:50

Rank in category: 2(of 2)

Best time in the category: 4:31:30