



9. Town&Country Marathon

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 03.06.2012

□□□□

Lemuth, Hans-Martin

□□: Lauffreunde Metzels

□□: 218

□□: 21.10 km

Pummpälz Halbmarathon (Lauf)

□□□□:

Senioren M55

□□□: 1:50:24

□□: 11.41 km/h

□□□□: 5:14 min/km

□□□□□/□□□: 71 (of 119)

□□□□□/□: 64 (of 87)

□□□□□□: 1:13:26

□□□□□: 5(of 5)

□□□□□□□: 1:33:01