



7. Pollmeier-Lauf Creuzburg
Creuzburg / 03.05.2008

Detailed evaluation

Montag, Holger

Club: SV Normania Treffurt
Number: 22

Course: 19.50 km
15 km Lauf

Category:
Männer M35

Total time: 1:20:21

Speed: 14.56 km/h
Running performance: 4:07 min/km

Rank in course/Total: 23 (of 105)

Rank in course/Men: 21 (of 87)

Best time in course: 1:00:19

Rank in category: 3(of 13)

Best time in the category: 1:18:07