



6. Kanonenbahnlauf  
Lengenfeld unterm Stein / 28.06.2008

Detailed evaluation

Quast, Holger

Club: Mühlhausen  
Number: 293

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M30

Total time: 1:38:01

Speed: 9.79 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 91 (of 104)

Rank in course/Men: 75 (of 85)

Best time in course: 1:02:11

Rank in category: 9(of 10)

Best time in the category: 1:02:11