



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Quast, Holger

Club: Mühlhausen  
Number: 10

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M35

Total time: 1:38:00

Speed: 9.80 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 82 (of 96)

Rank in course/Men: 74 (of 86)

Best time in course: 1:04:25

Rank in category: 12(of 13)

Best time in the category: 1:09:06