



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Montag, Holger**

Club: SV Normania Treffurt e.V.  
Number: 87

Course: 21.10 km  
Halbmarathon

Category:  
Männer M35

Total time: 1:45:43

Speed: 11.98 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 30 (of 87)

Rank in course/Men: 29 (of 76)

Best time in course: 1:18:30

Rank in category: 8(of 17)

Best time in the category: 1:24:42