



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

Quast, Holger

Club: Mühlhausen  
Number: 306

Course: 21.10 km  
Halbmarathon

Category:  
Männer M35

Total time: 2:07:07

Speed: 9.91 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 64 (of 87)

Rank in course/Men: 62 (of 76)

Best time in course: 1:18:30

Rank in category: 15(of 17)

Best time in the category: 1:24:42