



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Quast, Holger

Club: Mühlhausen
Number: 1102

Course: 16.20 km
Langdistanz

Category:
Männer M35

Total time: 1:29:36

Speed: 10.71 km/h
Running performance: 5:32 min/km

Rank in course/Total: 179 (of 263)

Rank in course/Men: 169 (of 231)

Best time in course: 59:27

Rank in category: 24(of 31)

Best time in the category: 1:07:07