



23. Hainich-Lauf  
Mihla / 01.05.2017

## Detailed evaluation

**Quendt, René**

Club: Tristar Schafhausen  
Number: 248

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:04:22

Speed: 12.12 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 12 (of 69)

Rank in course/Men: 12 (of 50)

Best time in course: 53:47

Rank in category: 3(of 10)

Best time in the category: 58:08