



28. Silberberglauf
Möhrenbach/ Thüringen / 03.05.2008

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt
Number: 164

Course: 19.00 km
Großer Lauf

Category:
Männer M45

Total time: 1:27:50

Speed: 12.98 km/h
Running performance: 4:37 min/km

Rank in course/Total: 23 (of 62)

Rank in course/Men: 23 (of 58)

Best time in course: 1:12:23

Rank in category: 4(of 14)

Best time in the category: 1:12:44