



28. Silberberglauf  
Möhrenbach/ Thüringen / 03.05.2008

Detailed evaluation

Steinbeck, Frank

Club: Grossbreitednbach  
Number: 179

Course: 19.00 km  
Großer Lauf

Category:  
Männer M45

Total time: 1:33:20

Speed: 12.21 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 34 (of 62)

Rank in course/Men: 34 (of 58)

Best time in course: 1:12:23

Rank in category: 10(of 14)

Best time in the category: 1:12:44