



29. Silberberglauf Möhrenbach
Möhrenbach/ Thüringen / 02.05.2009

Detailed evaluation

Esche, Karsten

Number: 255

Course: 11.00 km
Hauptlauf

Category:
Männer M45

Total time: 53:49

Speed: 12.26 km/h

Running performance: 4:53 min/km

Rank in course/Total: 29 (of 78)

Rank in course/Men: 29 (of 65)

Best time in course: 40:20

Rank in category: 6(of 16)

Best time in the category: 49:27