



29. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 02.05.2009

Detailed evaluation

Tresselt, Frank

Number: 275

Course: 11.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 54:36

Speed: 12.09 km/h

Running performance: 4:58 min/km

Rank in course/Total: 31 (of 78)

Rank in course/Men: 31 (of 65)

Best time in course: 40:20

Rank in category: 7(of 16)

Best time in the category: 49:27