



29. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 02.05.2009

Detailed evaluation

Köchert, Oliver

Club: Ilmenau  
Number: 220

Course: 11.00 km  
Hauptlauf

Category:  
Männer M20

Total time: 55:14

Speed: 11.95 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 34 (of 78)

Rank in course/Men: 34 (of 65)

Best time in course: 40:20

Rank in category: 6(of 8)

Best time in the category: 41:10