



29. Silberberglauf Möhrenbach
Möhrenbach/ Thüringen / 02.05.2009

Detailed evaluation

Siebenhaar, Volker

Number: 272

Course: 11.00 km
Hauptlauf

Category:
Männer M45

Total time: 59:04

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 40 (of 78)

Rank in course/Men: 38 (of 65)

Best time in course: 40:20

Rank in category: 9(of 16)

Best time in the category: 49:27