



29. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 02.05.2009

Detailed evaluation

Fräntzki, Dirk

Number: 780

Course: 19.00 km  
Großer Lauf

Category:  
Männer M35

Total time: 1:15:46

Speed: 15.05 km/h

Running performance: 3:59 min/km

Rank in course/Total: 7 (of 56)

Rank in course/Men: 7 (of 47)

Best time in course: 1:08:33

Rank in category: 2(of 8)

Best time in the category: 1:12:06