



29. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 02.05.2009

Detailed evaluation

Helmich, Robert

Number: 783

Course: 19.00 km  
Großer Lauf

Category:  
Männer M20

Total time: 1:20:44

Speed: 14.12 km/h

Running performance: 4:15 min/km

Rank in course/Total: 15 (of 56)

Rank in course/Men: 14 (of 47)

Best time in course: 1:08:33

Rank in category: 3(of 6)

Best time in the category: 1:10:00