



29. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 02.05.2009

Detailed evaluation

Jakob, Sven

Club: SWV-Goldlauter-Heidersbach  
Number: 745

Course: 19.00 km  
Großer Lauf

Category:  
Männer M40

Total time: 1:31:58

Speed: 12.40 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 30 (of 56)

Rank in course/Men: 27 (of 47)

Best time in course: 1:08:33

Rank in category: 4(of 6)

Best time in the category: 1:15:52