



29. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 02.05.2009

Detailed evaluation

Sachs, Frank

Club: Ilmenau  
Number: 719

Course: 19.00 km  
Großer Lauf

Category:  
Männer M45

Total time: 1:32:05

Speed: 12.38 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 32 (of 56)

Rank in course/Men: 29 (of 47)

Best time in course: 1:08:33

Rank in category: 9(of 9)

Best time in the category: 1:08:33