



29. Silberberglauf Möhrenbach
Möhrenbach/ Thüringen / 02.05.2009

Detailed evaluation

Fölsche, Volker

Club: WSV Ilmenau
Number: 735

Course: 19.00 km
Großer Lauf

Category:
Männer M55

Total time: 1:35:50

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 37 (of 56)

Rank in course/Men: 32 (of 47)

Best time in course: 1:08:33

Rank in category: 3(of 6)

Best time in the category: 1:17:52