



29. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 02.05.2009

Detailed evaluation

Holtzhausen, Uwe

Club: SV Stockhütte  
Number: 730

Course: 19.00 km  
Großer Lauf

Category:  
Männer M40

Total time: 1:39:44

Speed: 11.43 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 41 (of 56)

Rank in course/Men: 35 (of 47)

Best time in course: 1:08:33

Rank in category: 5(of 6)

Best time in the category: 1:15:52