



29. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 02.05.2009

Detailed evaluation

Dudek, Harald

Number: 858

Course: 19.00 km  
Großer Lauf

Category:  
Männer M60

Total time: 1:40:19

Speed: 11.36 km/h

Running performance: 5:17 min/km

Rank in course/Total: 45 (of 56)

Rank in course/Men: 38 (of 47)

Best time in course: 1:08:33

Rank in category: 3(of 3)

Best time in the category: 1:27:16