



30. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Holtzhausen, Uwe

Club: Ilmenau  
Number: 275

Course: 19.00 km  
Großer Lauf

Category:  
Männer M40

Total time: 1:40:18

Speed: 11.37 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 43 (of 50)

Rank in course/Men: 40 (of 46)

Best time in course: 1:11:53

Rank in category: 11(of 11)

Best time in the category: 1:18:06