



30. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Albrecht, Arne

Club: GMRC  
Number: 248

Course: 19.00 km  
Großer Lauf

Category:  
Männer M45

Total time: 1:41:32

Speed: 11.23 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 45 (of 50)

Rank in course/Men: 41 (of 46)

Best time in course: 1:11:53

Rank in category: 10(of 12)

Best time in the category: 1:14:24