



30. Silberberglauf Möhrenbach
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Thomas, Frank

Club: SV Cursdorf-Meuselbach

Number: 34

Course: 11.00 km

Hauptlauf

Category:

Männer M45

Total time: 50:15

Speed: 13.13 km/h

Running performance: 4:34 min/km

Rank in course/Total: 11 (of 96)

Rank in course/Men: 10 (of 62)

Best time in course: 46:48

Rank in category: 4(of 12)

Best time in the category: 47:36