



30. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau  
Number: 63

Course: 11.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 58:34

Speed: 11.27 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 44 (of 96)

Rank in course/Men: 38 (of 62)

Best time in course: 46:48

Rank in category: 10(of 12)

Best time in the category: 47:36