



30. Silberberglauf Möhrenbach
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Seifert, Gerd

Club: Saalfelder LV
Number: 57

Course: 11.00 km
Hauptlauf

Category:
Männer M70

Total time: 1:07:45

Speed: 9.74 km/h
Running performance: 6:10 min/km

Rank in course/Total: 76 (of 96)

Rank in course/Men: 53 (of 62)

Best time in course: 46:48

Rank in category: 4(of 5)

Best time in the category: 59:57