



30. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Kriwitzki, Rüdiger

Club: Erfurt  
Number: 262

Course: 19.00 km  
Großer Lauf

Category:  
Männer M50

Total time: 1:21:53

Speed: 13.92 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 11 (of 50)

Rank in course/Men: 11 (of 46)

Best time in course: 1:11:53

Rank in category: 1(of 10)

Best time in the category: 1:21:53