



30. Silberberglauf Möhrenbach
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Herold, Fredi

Club: Saalfelder LV
Number: 258

Course: 19.00 km
Großer Lauf

Category:
Männer M45

Total time: 1:23:01

Speed: 13.73 km/h
Running performance: 4:22 min/km

Rank in course/Total: 14 (of 50)

Rank in course/Men: 14 (of 46)

Best time in course: 1:11:53

Rank in category: 3(of 12)

Best time in the category: 1:14:24