



30. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

Sachs, Frank

Club: Dream Team Ilmenau  
Number: 278

Course: 19.00 km  
Großer Lauf

Category:  
Männer M45

Total time: 1:31:25

Speed: 12.47 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 24 (of 50)

Rank in course/Men: 24 (of 46)

Best time in course: 1:11:53

Rank in category: 6(of 12)

Best time in the category: 1:14:24