



31. Silberberglauf  
Möhrenbach/ Thüringen / 14.05.2011

Detailed evaluation

Hildesheim, Ingo

Club: Laufteam Fürth 2010  
Number: 785

Course: 11.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 49:00

Speed: 13.47 km/h  
Running performance: 4:27 min/km

Rank in course/Total: 16 (of 100)

Rank in course/Men: 15 (of 80)

Best time in course: 38:22

Rank in category: 3(of 19)

Best time in the category: 42:20