



31. Silberberglauf  
Möhrenbach/ Thüringen / 14.05.2011

Detailed evaluation

Nicolai, Steffen

Club: Ilmenau  
Number: 741

Course: 11.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 50:22

Speed: 13.10 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 24 (of 100)

Rank in course/Men: 23 (of 80)

Best time in course: 38:22

Rank in category: 4(of 8)

Best time in the category: 46:32