



31. Silberberglauf  
Möhrenbach/ Thüringen / 14.05.2011

Detailed evaluation

Lipfert, Kai-Uwe

Number: 732

Course: 11.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:00:54

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 72 (of 100)

Rank in course/Men: 62 (of 80)

Best time in course: 38:22

Rank in category: 17(of 19)

Best time in the category: 42:20