



31. Silberberglauf  
Möhrenbach/ Thüringen / 14.05.2011

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau  
Number: 768

Course: 11.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:01:03

Speed: 10.81 km/h  
Running performance: 5:33 min/km

Rank in course/Total: 73 (of 100)

Rank in course/Men: 63 (of 80)

Best time in course: 38:22

Rank in category: 18(of 19)

Best time in the category: 42:20