



31. Silberberglauf  
Möhrenbach/ Thüringen / 14.05.2011

Detailed evaluation

**Seifert, Gerd**

Club: Saalfelder LV  
Number: 796

Course: 11.00 km  
Hauptlauf

Category:  
Männer M70

Total time: 1:09:53

Speed: 9.44 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 91 (of 100)

Rank in course/Men: 74 (of 80)

Best time in course: 38:22

Rank in category: 4(of 5)

Best time in the category: 1:04:00