



31. Silberberglauf  
Möhrenbach/ Thüringen / 14.05.2011

Detailed evaluation

Sitzmann, Heinz

Club: TV Bad Brückenau  
Number: 63

Course: 5.00 km  
Schnupperlauf

Category:  
Männer M70

Total time: 31:26

Speed: 9.54 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 40 (of 64)

Rank in course/Men: 24 (of 33)

Best time in course: 20:03

Rank in category: 2(of 2)

Best time in the category: 30:30