



31. Silberberglauf
Möhrenbach/ Thüringen / 14.05.2011

Detailed evaluation

Michalk, Bernhard

Club: Rudolstadt
Number: 986

Course: 19.00 km
Großer Lauf

Category:
Männer M45

Total time: 1:28:23

Speed: 12.90 km/h
Running performance: 4:39 min/km

Rank in course/Total: 6 (of 28)

Rank in course/Men: 6 (of 21)

Best time in course: 1:17:40

Rank in category: 3(of 5)

Best time in the category: 1:25:25