



32. Silberberglauf  
Möhrenbach/ Thüringen / 05.05.2012

Detailed evaluation

Nothnagel, Uwe

Club: Fitnessoase Ohrdruf  
Number: 594

Course: 11.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 58:43

Speed: 11.24 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 48 (of 97)

Rank in course/Men: 41 (of 73)

Best time in course: 37:59

Rank in category: 8(of 11)

Best time in the category: 46:29