



32. Silberberglauf  
Möhrenbach/ Thüringen / 05.05.2012

Detailed evaluation

Ahrndt, Jörg

Club: LG Frauenwald

Number: 733

Course: 19.00 km

Großer Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:16:57

Speed: 14.81 km/h

Running performance: 4:03 min/km

Rank in course/Total: 4 (of 26)

Rank in course/Men: 4 (of 22)

Best time in course: 1:12:58

Rank in category: 2(of 3)

Best time in the category: 1:16:37