



32. Silberberglauf  
Möhrenbach/ Thüringen / 05.05.2012

Detailed evaluation

Herold, Fredi

Club: Saalfelder LV  
Number: 788

Course: 19.00 km  
Großer Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:26:20

Speed: 13.20 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 13 (of 26)

Rank in course/Men: 12 (of 22)

Best time in course: 1:12:58

Rank in category: 5(of 7)

Best time in the category: 1:20:03