



32. Silberberglauf
Möhrenbach/ Thüringen / 05.05.2012

Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig
Number: 789

Course: 19.00 km
Großer Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:29:30

Speed: 12.74 km/h
Running performance: 4:43 min/km

Rank in course/Total: 16 (of 26)

Rank in course/Men: 15 (of 22)

Best time in course: 1:12:58

Rank in category: 6(of 7)

Best time in the category: 1:20:03