



33. Silberberglauf Möhrenbach
Möhrenbach/ Thüringen / 04.05.2013

Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig
Number: 651

Course: 19.00 km
Großer Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:29:45

Speed: 12.70 km/h
Running performance: 4:43 min/km

Rank in course/Total: 19 (of 57)

Rank in course/Men: 19 (of 46)

Best time in course: 1:10:40

Rank in category: 4(of 6)

Best time in the category: 1:14:21