



33. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 04.05.2013

Detailed evaluation

Herold, Fredi

Club: Saalfeder LV  
Number: 703

Course: 19.00 km  
Großer Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:30:31

Speed: 12.59 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 21 (of 57)

Rank in course/Men: 21 (of 46)

Best time in course: 1:10:40

Rank in category: 5(of 6)

Best time in the category: 1:14:21