



34. Silberberglauf 2014  
Möhrenbach/ Thüringen / 03.05.2014

Detailed evaluation

Topel, Rainer

Club: Erfurt  
Number: 455

Course: 19.00 km  
Großer Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:43:09

Speed: 11.05 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 41 (of 52)

Rank in course/Men: 35 (of 42)

Best time in course: 1:10:35

Rank in category: 5(of 6)

Best time in the category: 1:10:35