



34. Silberberglauf 2014
Möhrenbach/ Thüringen / 03.05.2014

Detailed evaluation

Rudorf, Hans-Joachim

Club: FSV Meuselwitz
Number: 203

Course: 11.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 56:20

Speed: 11.72 km/h
Running performance: 5:07 min/km

Rank in course/Total: 46 (of 81)

Rank in course/Men: 42 (of 67)

Best time in course: 44:09

Rank in category: 3(of 7)

Best time in the category: 52:04