



34. Silberberglauf 2014
Möhrenbach/ Thüringen / 03.05.2014

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt
Number: 217

Course: 11.00 km
Hauptlauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 57:06

Speed: 11.56 km/h
Running performance: 5:11 min/km

Rank in course/Total: 49 (of 81)
Rank in course/Women: 5 (of 14)
Best time in course: 49:50

Rank in category: 2(of 3)
Best time in the category: 54:38