



34. Silberberglauf 2014  
Möhrenbach/ Thüringen / 03.05.2014

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau  
Number: 271

Course: 11.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:03:26

Speed: 10.40 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 64 (of 81)

Rank in course/Men: 54 (of 67)

Best time in course: 44:09

Rank in category: 10(of 11)

Best time in the category: 48:55