



34. Silberberglauf 2014  
Möhrenbach/ Thüringen / 03.05.2014

Detailed evaluation

Lambeck, Steven

Club: SV TU Ilmenau  
Number: 334

Course: 19.00 km  
Großer Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:12:50

Speed: 15.65 km/h  
Running performance: 3:50 min/km

Rank in course/Total: 3 (of 52)

Rank in course/Men: 3 (of 42)

Best time in course: 1:10:35

Rank in category: 1(of 10)

Best time in the category: 1:12:50