



34. Silberberglauf 2014  
Möhrenbach/ Thüringen / 03.05.2014

Detailed evaluation

Trefflich, Denny

Club: SV Ictershausen  
Number: 311

Course: 19.00 km  
Großer Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:16:32

Speed: 14.90 km/h  
Running performance: 4:02 min/km

Rank in course/Total: 7 (of 52)

Rank in course/Men: 7 (of 42)

Best time in course: 1:10:35

Rank in category: 3(of 9)

Best time in the category: 1:11:15