



34. Silberberglauf 2014  
Möhrenbach/ Thüringen / 03.05.2014

Detailed evaluation

Ahrndt, Jörg

Club: LG Frauenwald

Number: 351

Course: 19.00 km

Großer Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:17:03

Speed: 14.80 km/h

Running performance: 4:04 min/km

Rank in course/Total: 11 (of 52)

Rank in course/Men: 10 (of 42)

Best time in course: 1:10:35

Rank in category: 4(of 10)

Best time in the category: 1:12:50