



34. Silberberglauf 2014  
Möhrenbach/ Thüringen / 03.05.2014

Detailed evaluation

Lehmann, Sebastian

Club: Lauscha  
Number: 352

Course: 19.00 km  
Großer Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:26:07

Speed: 13.24 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 22 (of 52)

Rank in course/Men: 21 (of 42)

Best time in course: 1:10:35

Rank in category: 6(of 9)

Best time in the category: 1:11:15