



34. Silberberglauf 2014  
Möhrenbach/ Thüringen / 03.05.2014

Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig  
Number: 320

Course: 19.00 km  
Großer Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:27:31

Speed: 13.03 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 24 (of 52)

Rank in course/Men: 23 (of 42)

Best time in course: 1:10:35

Rank in category: 3(of 6)

Best time in the category: 1:10:35