



34. Silberberglauf 2014  
Möhrenbach/ Thüringen / 03.05.2014

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt  
Number: 451

Course: 19.00 km  
19 km Nordic Walking

Category:  
Nordic Walking Männer

Total time: 2:12:54

Speed: 8.58 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 2 (of 8)

Rank in course/Men: 2 (of 5)

Best time in course: 2:05:15

Rank in category: 2(of 5)

Best time in the category: 2:05:15