



34. Silberberglauf 2014  
Möhrenbach/ Thüringen / 03.05.2014

Detailed evaluation

Enders, Martin

Club: Arnstadt  
Number: 307

Course: 19.00 km  
Großer Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:31:49

Speed: 12.42 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 33 (of 52)

Rank in course/Men: 29 (of 42)

Best time in course: 1:10:35

Rank in category: 6(of 10)

Best time in the category: 1:12:50