



35. Silberberglauf
Möhrenbach/ Thüringen / 02.05.2015

Detailed evaluation

Nicolai, Steffen

Club: Ilmenau
Number: 749

Course: 18.00 km
Großer Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:27:30

Speed: 12.34 km/h
Running performance: 4:52 min/km

Rank in course/Total: 20 (of 52)

Rank in course/Men: 20 (of 45)

Best time in course: 1:13:40

Rank in category: 4(of 5)

Best time in the category: 1:14:52