



36. Silberberglauf  
Möhrenbach/ Thüringen / 14.05.2016

Detailed evaluation

Lichtenberg, Conny

Club: GröliWelt  
Number: 755

Course: 18.00 km  
Großer Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:44:25

Speed: 10.34 km/h  
Running performance: 5:48 min/km

Rank in course/Total: 36 (of 48)

Rank in course/Men: 34 (of 40)

Best time in course: 1:02:42

Rank in category: 3(of 3)

Best time in the category: 1:30:07