



36. Silberberglauf  
Möhrenbach/ Thüringen / 14.05.2016

Detailed evaluation

Hildesheim, Ingo

Club: Laufteam Fürth 2010  
Number: 668

Course: 11.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 51:15

Speed: 12.88 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 21 (of 80)

Rank in course/Men: 21 (of 62)

Best time in course: 40:31

Rank in category: 3(of 9)

Best time in the category: 49:59