



37. Silberberglauf  
Möhrenbach/ Thüringen / 06.05.2017

Detailed evaluation

THOMAS, Frank

Club: LAV Saale-Rennsteig  
Number: 706

Course: 18.00 km  
Großer Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:34:09

Speed: 11.47 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 21 (of 48)

Rank in course/Men: 21 (of 42)

Best time in course: 1:11:04

Rank in category: 5(of 8)

Best time in the category: 1:12:29