



38. Silberberglauf  
Möhrenbach/ Thüringen / 12.05.2018

Detailed evaluation

**LICHTENBERG, Conny**

Club: GröLiWelt  
Number: 865

Course: 18.00 km  
Großer Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:43:10

Speed: 10.47 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 30 (of 47)

Rank in course/Men: 29 (of 38)

Best time in course: 1:07:07

Rank in category: 11(of 12)

Best time in the category: 1:22:09