



38. Silberberglauf  
Möhrenbach/ Thüringen / 12.05.2018

Detailed evaluation

**SPRANGER, Steffen**

Club: Joho Stüba  
Number: 843

Course: 18.00 km  
Großer Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:52:52

Speed: 9.57 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 38 (of 47)

Rank in course/Men: 34 (of 38)

Best time in course: 1:07:07

Rank in category: 12(of 12)

Best time in the category: 1:22:09