



39. Silberberglauf  
Möhrenbach/ Thüringen / 11.05.2019

Detailed evaluation

Twrznik, Andreas

Club: SV Sömmerda  
Number: 578

Course: 18.00 km  
Großer Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:44:47

Speed: 10.31 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 25 (of 37)

Rank in course/Men: 21 (of 26)

Best time in course: 1:21:38

Rank in category: 2(of 2)

Best time in the category: 1:29:50