



39. Silberberglauf  
Möhrenbach/ Thüringen / 11.05.2019

Detailed evaluation

**Kahle, Michael**

Club: Ilmenau  
Number: 154

Course: 5.00 km  
Schnupperlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 25:54

Speed: 11.58 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 3 (of 28)

Rank in course/Men: 3 (of 18)

Best time in course: 24:59

Rank in category: 1(of 1)

Best time in the category: 25:54