



39. Silberberglauf  
Möhrenbach/ Thüringen / 11.05.2019

Detailed evaluation

Raschke, Henry

Club: Oehrenstock  
Number: 696

Course: 11.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 50:31

Speed: 13.06 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 9 (of 41)

Rank in course/Men: 8 (of 31)

Best time in course: 43:19

Rank in category: 1(of 3)

Best time in the category: 50:31