



39. Silberberglauf  
Möhrenbach/ Thüringen / 11.05.2019

Detailed evaluation

Schäfer, Christoph

Club: 1. HCV  
Number: 695

Course: 11.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 56:40

Speed: 11.65 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 18 (of 41)

Rank in course/Men: 16 (of 31)

Best time in course: 43:19

Rank in category: 4(of 4)

Best time in the category: 48:18