



39. Silberberglauf  
Möhrenbach/ Thüringen / 11.05.2019

Detailed evaluation

Frankenberg, Holm

Club: Triathlonclub Suhl  
Number: 771

Course: 11.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 57:56

Speed: 11.39 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 21 (of 41)

Rank in course/Men: 19 (of 31)

Best time in course: 43:19

Rank in category: 2(of 4)

Best time in the category: 51:20