



29. Flößgrabenlauf  
Gräfenroda / 13.09.2008

Detailed evaluation

Helmich, Robert

Club: SRL-Sportclub- Arnstadt e.V.  
Number: 76

Course: 17.80 km  
Hauptlauf

Category:  
Männer M20

Total time: 1:12:57

Speed: 13.98 km/h  
Running performance: 4:06 min/km

Rank in course/Total: 8 (of 67)

Rank in course/Men: 8 (of 59)

Best time in course: 1:03:23

Rank in category: 2(of 9)

Best time in the category: 1:06:09