



29. Flößgrabenlauf  
Gräfenroda / 13.09.2008

Detailed evaluation

Helk, Andreas

Club: MONI  
Number: 59

Course: 17.80 km  
Hauptlauf

Category:  
Männer M40

Total time: 1:13:20

Speed: 13.91 km/h  
Running performance: 4:07 min/km

Rank in course/Total: 11 (of 67)

Rank in course/Men: 10 (of 59)

Best time in course: 1:03:23

Rank in category: 4(of 11)

Best time in the category: 1:10:17