



29. Flößgrabenlauf  
Gräfenroda / 13.09.2008

Detailed evaluation

Ziemke, Ingo

Club: Dream-Team-Ilmenau  
Number: 43

Course: 17.80 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:15:52

Speed: 13.44 km/h  
Running performance: 4:16 min/km

Rank in course/Total: 16 (of 67)

Rank in course/Men: 15 (of 59)

Best time in course: 1:03:23

Rank in category: 3(of 17)

Best time in the category: 1:13:33