



29. Flößgrabenlauf  
Gräfenroda / 13.09.2008

Detailed evaluation

Amendt, Christian

Club: Arnstadt

Number: 78

Course: 17.80 km

Hauptlauf

Category:

Männer M20

Total time: 1:16:56

Speed: 13.26 km/h

Running performance: 4:19 min/km

Rank in course/Total: 18 (of 67)

Rank in course/Men: 17 (of 59)

Best time in course: 1:03:23

Rank in category: 5(of 9)

Best time in the category: 1:06:09