



29. Flößgrabenlauf  
Gräfenroda / 13.09.2008

Detailed evaluation

Oppenhäuser, Andreas

Club: Laufftreff Arnstadt  
Number: 15

Course: 17.80 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:17:20

Speed: 13.19 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 19 (of 67)

Rank in course/Men: 18 (of 59)

Best time in course: 1:03:23

Rank in category: 4(of 17)

Best time in the category: 1:13:33