



29. Flößgrabenlauf
Gräfenroda / 13.09.2008

Detailed evaluation

Riege, Frank

Club: Gräfenroda
Number: 75

Course: 17.80 km
Hauptlauf

Category:
Männer M45

Total time: 1:18:16

Speed: 13.03 km/h
Running performance: 4:24 min/km

Rank in course/Total: 24 (of 67)

Rank in course/Men: 22 (of 59)

Best time in course: 1:03:23

Rank in category: 6(of 17)

Best time in the category: 1:13:33