



29. Flößgrabenlauf  
Gräfenroda / 13.09.2008

Detailed evaluation

Appel, Adolf

Club: Schaeffler- Team  
Number: 56

Course: 17.80 km  
Hauptlauf

Category:  
Männer M65

Total time: 1:19:40

Speed: 12.80 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 32 (of 67)

Rank in course/Men: 30 (of 59)

Best time in course: 1:03:23

Rank in category: 1(of 5)

Best time in the category: 1:19:40