



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Rüdiger, David

Club: LSV Lok Arnstadt
Number: 639

Course: 11.00 km
Jugend A/B

Category:
männliche Jugend A

Total time: 46:35

Speed: 14.17 km/h

Running performance: 4:14 min/km

Rank in course/Total: 1 (of 4)

Rank in course/Men: 1 (of 1)

Best time in course: 46:35

Rank in category: 1(of 1)

Best time in the category: 46:35