



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Reiche, Cassandra

Club: LSV Lok Arnstadt
Number: 633

Course: 11.00 km
Jugend A/B

Category:
weibliche Jugend B

Total time: 59:54

Speed: 11.02 km/h
Running performance: 5:27 min/km

Rank in course/Total: 3 (of 4)

Rank in course/Women: 2 (of 3)

Best time in course: 53:10

Rank in category: 1(of 2)

Best time in the category: 59:54