



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

Föt, Sören

Club: Sportteam Steinbach Meiningen  
Number: 650

Course: 16.80 km  
Hauptlauf

Category:  
Männer M20

Total time: 1:04:56

Speed: 14.78 km/h  
Running performance: 3:52 min/km

Rank in course/Total: 2 (of 58)

Rank in course/Men: 2 (of 48)

Best time in course: 1:02:03

Rank in category: 2(of 11)

Best time in the category: 1:02:03