



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Amendt, Philipp

Club: SV Arnstadt
Number: 670

Course: 16.80 km
Hauptlauf

Category:
Männer M20

Total time: 1:08:15

Speed: 14.07 km/h
Running performance: 4:04 min/km

Rank in course/Total: 4 (of 58)

Rank in course/Men: 4 (of 48)

Best time in course: 1:02:03

Rank in category: 3(of 11)

Best time in the category: 1:02:03