



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Kuhne, Sebastian

Number: 678

Course: 16.80 km
Hauptlauf

Category:
Männer M30

Total time: 1:09:01

Speed: 13.91 km/h

Running performance: 4:07 min/km

Rank in course/Total: 5 (of 58)

Rank in course/Men: 5 (of 48)

Best time in course: 1:02:03

Rank in category: 2(of 3)

Best time in the category: 1:07:09