



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Schlegel, Elisabeth

Club: LSV Lok Arnstadt
Number: 642

Course: 11.00 km
Jugend A/B

Category:
weibliche Jugend B

Total time: 1:09:04

Speed: 9.56 km/h
Running performance: 6:17 min/km

Rank in course/Total: 4 (of 4)

Rank in course/Women: 3 (of 3)

Best time in course: 53:10

Rank in category: 2(of 2)

Best time in the category: 59:54