



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Hollander, Sven

Club: ZSG Waltershausen

Number: 615

Course: 16.80 km

Hauptlauf

Category:

Männer M40

Total time: 1:09:26

Speed: 13.83 km/h

Running performance: 4:08 min/km

Rank in course/Total: 6 (of 58)

Rank in course/Men: 6 (of 48)

Best time in course: 1:02:03

Rank in category: 1(of 9)

Best time in the category: 1:09:26