



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Stelzner, Torsten

Club: WSV Ilmenau
Number: 646

Course: 16.80 km
Hauptlauf

Category:
Männer M40

Total time: 1:10:28

Speed: 14.30 km/h
Running performance: 4:11 min/km

Rank in course/Total: 9 (of 58)

Rank in course/Men: 9 (of 48)

Best time in course: 1:02:03

Rank in category: 3(of 9)

Best time in the category: 1:09:26