



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

Schrickel, André

Club: Wsv ilmenau  
Number: 668

Course: 16.80 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:10:51

Speed: 13.55 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 10 (of 58)

Rank in course/Men: 10 (of 48)

Best time in course: 1:02:03

Rank in category: 1(of 10)

Best time in the category: 1:10:51