



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Seidler, Bernd

Club: Stadtilm
Number: 645

Course: 16.80 km
Hauptlauf

Category:
Männer M40

Total time: 1:13:42

Speed: 13.03 km/h
Running performance: 4:23 min/km

Rank in course/Total: 14 (of 58)

Rank in course/Men: 14 (of 48)

Best time in course: 1:02:03

Rank in category: 4(of 9)

Best time in the category: 1:09:26