



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: 13.68 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