



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Münch, Andreas

Club: SG Einheit Arnstadt
Number: 654

Course: 16.80 km
Hauptlauf

Category:
Männer M45

Total time: 1:14:49

Speed: 13.47 km/h
Running performance: 4:27 min/km

Rank in course/Total: 16 (of 58)

Rank in course/Men: 15 (of 48)

Best time in course: 1:02:03

Rank in category: 2(of 10)

Best time in the category: 1:10:51