



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Herrmann, Maik

Club: Laufftreff Arnstadt
Number: 612

Course: 16.80 km
Hauptlauf

Category:
Männer M30

Total time: 1:16:07

Speed: 13.24 km/h
Running performance: 4:32 min/km

Rank in course/Total: 17 (of 58)

Rank in course/Men: 16 (of 48)

Best time in course: 1:02:03

Rank in category: 3(of 3)

Best time in the category: 1:07:09