



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

Kohl, Veit

Club: Langewiesen  
Number: 623

Course: 16.80 km  
Hauptlauf

Category:  
Männer M40

Total time: 1:16:12

Speed: 12.60 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 18 (of 58)

Rank in course/Men: 17 (of 48)

Best time in course: 1:02:03

Rank in category: 5(of 9)

Best time in the category: 1:09:26