



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Helmich, Robert

Club: SRL Arnstadt Sportclub e.V.
Number: 611

Course: 16.80 km
Hauptlauf

Category:
Männer M20

Total time: 1:16:26

Speed: 12.56 km/h
Running performance: 4:33 min/km

Rank in course/Total: 19 (of 58)

Rank in course/Men: 18 (of 48)

Best time in course: 1:02:03

Rank in category: 5(of 11)

Best time in the category: 1:02:03