



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau
Number: 641

Course: 16.80 km
Hauptlauf

Category:
Männer M45

Total time: 1:18:36

Speed: 12.21 km/h
Running performance: 4:41 min/km

Rank in course/Total: 24 (of 58)

Rank in course/Men: 22 (of 48)

Best time in course: 1:02:03

Rank in category: 3(of 10)

Best time in the category: 1:10:51