



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Müller, Frank

Number: 653

Course: 16.80 km
Hauptlauf

Category:
Männer M40

Total time: 1:22:32

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 27 (of 58)

Rank in course/Men: 25 (of 48)

Best time in course: 1:02:03

Rank in category: 6(of 9)

Best time in the category: 1:09:26