



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Hochsattel, Hans- Jörg

Club: WSV Ilmenau
Number: 676

Course: 16.80 km
Hauptlauf

Category:
Männer M45

Total time: 1:22:44

Speed: 11.60 km/h
Running performance: 4:55 min/km

Rank in course/Total: 28 (of 58)

Rank in course/Men: 26 (of 48)

Best time in course: 1:02:03

Rank in category: 5(of 10)

Best time in the category: 1:10:51