



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

Koburger, Karin

Club: Alteburg Lauftreff  
Number: 622

Course: 16.80 km  
Hauptlauf

Category:  
Frauen W45

Total time: 1:22:49

Speed: 11.59 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 30 (of 58)

Rank in course/Women: 3 (of 10)

Best time in course: 1:14:06

Rank in category: 1(of 3)

Best time in the category: 1:22:49