



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

## Detailed evaluation

Lampa, Uwe

Number: 652

Course: 16.80 km  
Mountainbike

Category:  
Männer 40 bis 49 Jahre

Total time: 1:39:35

Speed: 9.64 km/h

Running performance: 5:56 min/km

Rank in course/Total: 16 (of 16)

Rank in course/Men: 15 (of 15)

Best time in course: 37:50

Rank in category: 7(of 7)

Best time in the category: 37:50