



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

**Kneise, Wolfram**

Club: Kath. Laufjugend  
Number: 620

Course: 16.80 km  
Hauptlauf

Category:  
Männer M20

Total time: 1:23:24

Speed: 11.51 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 31 (of 58)

Rank in course/Men: 28 (of 48)

Best time in course: 1:02:03

Rank in category: 8(of 11)

Best time in the category: 1:02:03