



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Oppenhäuser, Andreas

Club: Laufftreff Arnstadt
Number: 629

Course: 16.80 km
Hauptlauf

Category:
Männer M45

Total time: 1:23:36

Speed: 11.48 km/h
Running performance: 4:59 min/km

Rank in course/Total: 32 (of 58)

Rank in course/Men: 29 (of 48)

Best time in course: 1:02:03

Rank in category: 6(of 10)

Best time in the category: 1:10:51