



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

Reiche, Frank

Club: TSV Arnstadt  
Number: 634

Course: 16.80 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:23:53

Speed: 11.44 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 33 (of 58)

Rank in course/Men: 30 (of 48)

Best time in course: 1:02:03

Rank in category: 7(of 10)

Best time in the category: 1:10:51