



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Bohnebuck, Ulf

Club: Alteburg Laufftreff Arnstadt
Number: 601

Course: 16.80 km
Hauptlauf

Category:
Männer M45

Total time: 1:24:33

Speed: 11.92 km/h
Running performance: 5:02 min/km

Rank in course/Total: 34 (of 58)

Rank in course/Men: 31 (of 48)

Best time in course: 1:02:03

Rank in category: 8(of 10)

Best time in the category: 1:10:51