



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: 11.35 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