



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

**Amarell, Ludwig**

Club: Triathlonclub Suhl  
Number: 606

Course: 16.80 km  
Hauptlauf

Category:  
Männer M70

Total time: 1:24:49

Speed: 11.88 km/h  
Running performance: 5:03 min/km

Rank in course/Total: 35 (of 58)

Rank in course/Men: 32 (of 48)

Best time in course: 1:02:03

Rank in category: 1(of 3)

Best time in the category: 1:24:49