



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Ritze, Detleff

Club: Alteburg Laufftreff Arnstadt
Number: 638

Course: 16.80 km
Hauptlauf

Category:
Männer M60

Total time: 1:26:33

Speed: 11.65 km/h
Running performance: 5:09 min/km

Rank in course/Total: 37 (of 58)

Rank in course/Men: 34 (of 48)

Best time in course: 1:02:03

Rank in category: 3(of 4)

Best time in the category: 1:21:54