



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

**Meier, René**

Club: SV Dienstedt-Hettstedt  
Number: 669

Course: 16.80 km  
Hauptlauf

Category:  
Männer M40

Total time: 1:26:37

Speed: 11.64 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 38 (of 58)

Rank in course/Men: 35 (of 48)

Best time in course: 1:02:03

Rank in category: 8(of 9)

Best time in the category: 1:09:26