



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

Jäger, Ute

Club: Plaue  
Number: 619

Course: 16.80 km  
Hauptlauf

Category:  
Frauen W45

Total time: 1:28:50

Speed: 11.35 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 39 (of 58)  
Rank in course/Women: 4 (of 10)  
Best time in course: 1:14:06

Rank in category: 2(of 3)  
Best time in the category: 1:22:49