



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

Holtzhausen, Uwe

Club: SV Stockhütte  
Number: 616

Course: 16.80 km  
Hauptlauf

Category:  
Männer M40

Total time: 1:29:14

Speed: 11.30 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 41 (of 58)

Rank in course/Men: 36 (of 48)

Best time in course: 1:02:03

Rank in category: 9(of 9)

Best time in the category: 1:09:26