



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

Zelle, Monique

Club: Dream Team Ilmenau  
Number: 648

Course: 16.80 km  
Hauptlauf

Category:  
Frauen W35

Total time: 1:29:33

Speed: 10.72 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 43 (of 58)  
Rank in course/Women: 6 (of 10)  
Best time in course: 1:14:06

Rank in category: 2(of 3)  
Best time in the category: 1:29:12