



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

Müller, Gerald

Club: LTV Erfurt  
Number: 664

Course: 16.80 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:30:59

Speed: 10.55 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 44 (of 58)

Rank in course/Men: 38 (of 48)

Best time in course: 1:02:03

Rank in category: 9(of 10)

Best time in the category: 1:10:51