



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt  
Number: 607

Course: 16.80 km  
Hauptlauf

Category:  
Frauen W45

Total time: 1:32:19

Speed: 10.40 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 45 (of 58)  
Rank in course/Women: 7 (of 10)  
Best time in course: 1:14:06

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