



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: 10.92 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