



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

## Detailed evaluation

Tietzel, Silke

Number: 663

Course: 16.80 km  
Hauptlauf

Category:  
Frauen W40

Total time: 1:33:14

Speed: 10.30 km/h

Running performance: 5:33 min/km

Rank in course/Total: 47 (of 58)

Rank in course/Women: 8 (of 10)

Best time in course: 1:14:06

Rank in category: 2(of 2)

Best time in the category: 1:16:47