



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

**Niller, Sebastian**

Club: LF Eisfeld  
Number: 682

Course: 16.80 km  
Hauptlauf

Category:  
Männer M20

Total time: 1:33:14

Speed: 10.30 km/h  
Running performance: 5:33 min/km

Rank in course/Total: 48 (of 58)

Rank in course/Men: 40 (of 48)

Best time in course: 1:02:03

Rank in category: 9(of 11)

Best time in the category: 1:02:03