



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: 10.81 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