



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Pohl, Günther

Number: 657

Course: 16.80 km
Hauptlauf

Category:
Männer M70

Total time: 1:34:47

Speed: 10.13 km/h

Running performance: 5:38 min/km

Rank in course/Total: 51 (of 58)

Rank in course/Men: 42 (of 48)

Best time in course: 1:02:03

Rank in category: 2(of 3)

Best time in the category: 1:24:49