



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

Gröschel, Max

Club: Herzogenaurach  
Number: 666

Course: 16.80 km  
Hauptlauf

Category:  
Männer M60

Total time: 1:38:08

Speed: 9.78 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 53 (of 58)

Rank in course/Men: 44 (of 48)

Best time in course: 1:02:03

Rank in category: 4(of 4)

Best time in the category: 1:21:54