



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: 10.27 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