



30. Flössgrabenlauf
Gräfenroda / 05.09.2009

Detailed evaluation

Pflügner, Christiane

Club: KIKA Burgstraße
Number: 677

Course: 16.80 km
Hauptlauf

Category:
Frauen W35

Total time: 1:29:12

Speed: 10.76 km/h
Running performance: 5:19 min/km

Rank in course/Total: 40 (of 58)

Rank in course/Women: 5 (of 10)

Best time in course: 1:14:06

Rank in category: 1(of 3)

Best time in the category: 1:29:12