



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

Gräßer, Lisa

Club: SV 90 Gräfenroda  
Number: 11

Course: 1.00 km  
Kinderlauf B

Category:  
weibliche Schüler 8 Jahre

Total time: 4:42

Speed: 12.77 km/h  
Running performance: 4:42 min/km

Rank in course/Total: 38 (of 50)  
Rank in course/Women: 21 (of 28)  
Best time in course: 3:35

Rank in category: 4(of 9)  
Best time in the category: 4:00