



30. Flössgrabenlauf  
Gräfenroda / 05.09.2009

Detailed evaluation

**Jaworrski, Norman**

Club: LSV Lok Arnstadt  
Number: 21

Course: 2.00 km  
Kinderalauf A

Category:  
männliche Schüler 11 Jahre

Total time: 10:09

Speed: 11.82 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 10 (of 22)

Rank in course/Men: 6 (of 11)

Best time in course: 8:14

Rank in category: 1(of 2)

Best time in the category: 10:09