



31. Königseer Stadtwaldlauf  
Königsee / 28.08.2011

Detailed evaluation

Rüttinger, Katharina

Club: Halle /S.  
Number: 234

Course: 10.00 km  
Kurzstrecke Lauf

Category:  
Frauen W40

Total time: 51:42

Speed: 11.61 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 76 (of 136)  
Rank in course/Women: 10 (of 36)  
Best time in course: 47:37

Rank in category: 2(of 8)  
Best time in the category: 49:28