



31. Königseer Stadtwaldlauf
Königsee / 28.08.2011

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt
Number: 504

Course: 10.00 km
Nordic Walking lang

Category:
Männer

Total time: 1:16:40

Speed: 7.83 km/h
Running performance: 7:40 min/km

Rank in course/Total: 1 (of 6)

Rank in course/Men: 1 (of 4)

Best time in course: 1:16:40

Rank in category: 1(of 4)

Best time in the category: 1:16:40