



31. Königseer Stadtwaldlauf  
Königsee / 28.08.2011

Detailed evaluation

Hampe, Gabriele

Club: LAC Rudolstadt  
Number: 228

Course: 10.00 km  
Kurzstrecke Lauf

Category:  
Frauen W45

Total time: 1:05:13

Speed: 9.20 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 124 (of 136)

Rank in course/Women: 29 (of 36)

Best time in course: 47:37

Rank in category: 8(of 9)

Best time in the category: 48:53