



31. Königseer Stadtwaldlauf  
Königsee / 28.08.2011

Detailed evaluation

Rögner, Ilva

Club: Kloster  
Number: 240

Course: 10.00 km  
Kurzstrecke Lauf

Category:  
Frauen W50

Total time: 1:09:18

Speed: 8.66 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 131 (of 136)

Rank in course/Women: 32 (of 36)

Best time in course: 47:37

Rank in category: 5(of 5)

Best time in the category: 51:00