



31. Königseer Stadtwaldlauf  
Königsee / 28.08.2011

Detailed evaluation

**Harz, Sebastian**

Club: SV Hermsdorf  
Number: 341

Course: 20.00 km  
Langstrecke Lauf

Category:  
Männer M30

Total time: 1:13:19

Speed: 16.37 km/h  
Running performance: 3:40 min/km

Rank in course/Total: 2 (of 47)

Rank in course/Men: 2 (of 46)

Best time in course: 1:10:10

Rank in category: 1(of 2)

Best time in the category: 1:13:19