



31. Königseer Stadtwaldlauf
Königsee / 28.08.2011

Detailed evaluation

Seidler, Bernd

Club: Stadtilm

Number: 311

Course: 20.00 km

Langstrecke Lauf

Category:

Männer M45

Total time: 1:32:44

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 19 (of 47)

Rank in course/Men: 18 (of 46)

Best time in course: 1:10:10

Rank in category: 3(of 13)

Best time in the category: 1:28:26