



31. Königseer Stadtwaldlauf  
Königsee / 28.08.2011

Detailed evaluation

Thomas, Frank

Club: SV 1865 Piesau  
Number: 312

Course: 20.00 km  
Langstrecke Lauf

Category:  
Männer M45

Total time: 1:36:38

Speed: 12.42 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 24 (of 47)

Rank in course/Men: 23 (of 46)

Best time in course: 1:10:10

Rank in category: 6(of 13)

Best time in the category: 1:28:26