



31. Königseer Stadtwaldlauf  
Königsee / 28.08.2011

Detailed evaluation

Michalk, Bernhard

Club: Rudolstadt  
Number: 307

Course: 20.00 km  
Langstrecke Lauf

Category:  
Männer M45

Total time: 1:40:24

Speed: 11.95 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 32 (of 47)

Rank in course/Men: 31 (of 46)

Best time in course: 1:10:10

Rank in category: 8(of 13)

Best time in the category: 1:28:26