



31. Königseer Stadtwaldlauf  
Königsee / 28.08.2011

Detailed evaluation

**Kühnpast, Frank**

Club: Saalfelder LV  
Number: 306

Course: 20.00 km  
Langstrecke Lauf

Category:  
Männer M45

Total time: 1:40:51

Speed: 11.90 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 36 (of 47)

Rank in course/Men: 35 (of 46)

Best time in course: 1:10:10

Rank in category: 11(of 13)

Best time in the category: 1:28:26