



31. Königseer Stadtwaldlauf  
Königsee / 28.08.2011

Detailed evaluation

Frießleben, Holger

Club: Rottenbach  
Number: 301

Course: 20.00 km  
Langstrecke Lauf

Category:  
Männer M50

Total time: 1:43:33

Speed: 11.59 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 40 (of 47)

Rank in course/Men: 39 (of 46)

Best time in course: 1:10:10

Rank in category: 9(of 13)

Best time in the category: 1:29:52