



32. Königseer Stadtwaldlauf  
Königsee / 26.08.2012

Detailed evaluation

**Knohl, Michael**

Club: LG Bad Frankenhausen  
Number: 612

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 57:20

Speed: 10.47 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 107 (of 145)

Rank in course/Men: 89 (of 108)

Best time in course: 34:21

Rank in category: 13(of 13)

Best time in the category: 40:26