



32. Königseer Stadtwaldlauf Königsee / 26.08.2012

Detailed evaluation

Urban, Heike

Club: VfL 28 Ellrich
Number: 608

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:00:18

Speed: 9.95 km/h
Running performance: 6:02 min/km

Rank in course/Total: 122 (of 145)

Rank in course/Women: 26 (of 37)

Best time in course: 46:03

Rank in category: 8(of 10)

Best time in the category: 46:03