



32. Königseer Stadtwaldlauf
Königsee / 26.08.2012

Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig
Number: 250

Course: 20.00 km
20 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:36:46

Speed: 12.40 km/h
Running performance: 4:50 min/km

Rank in course/Total: 29 (of 47)

Rank in course/Men: 27 (of 44)

Best time in course: 1:11:01

Rank in category: 6(of 13)

Best time in the category: 1:25:50