



32. Königseer Stadtwaldlauf  
Königsee / 26.08.2012

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda e.V.  
Number: 559

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 40:26

Speed: 14.84 km/h  
Running performance: 4:02 min/km

Rank in course/Total: 7 (of 145)

Rank in course/Men: 7 (of 108)

Best time in course: 34:21

Rank in category: 1(of 13)

Best time in the category: 40:26