



32. Königseer Stadtwaldlauf  
Königsee / 26.08.2012

Detailed evaluation

Paul, Norbert

Club: TV 1848 Coburg

Number: 626

Course: 10.00 km

10 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 44:06

Speed: 13.61 km/h

Running performance: 4:25 min/km

Rank in course/Total: 20 (of 145)

Rank in course/Men: 20 (of 108)

Best time in course: 34:21

Rank in category: 2(of 7)

Best time in the category: 42:15