



32. Königseer Stadtwaldlauf Königsee / 26.08.2012

Detailed evaluation

Heise, Ralf

Club: sc impuls erfurt e.V.

Number: 532

Course: 10.00 km

10 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 48:48

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 47 (of 145)

Rank in course/Men: 43 (of 108)

Best time in course: 34:21

Rank in category: 2(of 5)

Best time in the category: 47:37