



33. Königseer Stadtwaldlauf
Königsee / 25.08.2013

Detailed evaluation

Münch, Birgit

Club: sc impuls erfurt
Number: 743

Course: 10.00 km
10 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 52:45

Speed: 11.37 km/h
Running performance: 5:17 min/km

Rank in course/Total: 78 (of 138)

Rank in course/Women: 11 (of 38)

Best time in course: 45:14

Rank in category: 4(of 7)

Best time in the category: 45:14