



33. Königseer Stadtwaldlauf  
Königsee / 25.08.2013

Detailed evaluation

Hein, Sandra

Club: SLV Saalfeld

Number: 712

Course: 10.00 km

10 km - Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 59:17

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 117 (of 138)

Rank in course/Women: 28 (of 38)

Best time in course: 45:14

Rank in category: 3(of 4)

Best time in the category: 55:19