



33. Königseer Stadtwaldlauf  
Königsee / 25.08.2013

Detailed evaluation

**Ernst, Volkmar**

Club: Saalfekder Iv  
Number: 471

Course: 20.00 km  
20 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:27:28

Speed: 13.72 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 12 (of 44)

Rank in course/Men: 12 (of 43)

Best time in course: 1:18:19

Rank in category: 2(of 7)

Best time in the category: 1:22:28