



33. Königseer Stadtwaldlauf
Königsee / 25.08.2013

Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig
Number: 461

Course: 20.00 km
20 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:42:41

Speed: 11.69 km/h
Running performance: 5:08 min/km

Rank in course/Total: 27 (of 44)

Rank in course/Men: 26 (of 43)

Best time in course: 1:18:19

Rank in category: 7(of 9)

Best time in the category: 1:20:27