



33. Königseer Stadtwaldlauf  
Königsee / 25.08.2013

Detailed evaluation

**Rogge, Heiko**

Club: VS - Unterpreilipp  
Number: 457

Course: 20.00 km  
20 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:54:07

Speed: 10.52 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 43 (of 44)

Rank in course/Men: 43 (of 43)

Best time in course: 1:18:19

Rank in category: 6(of 7)

Best time in the category: 1:23:59