



33. Königseer Stadtwaldlauf  
Königsee / 25.08.2013

Detailed evaluation

**Kühnpast, Frank**

Club: Saalfelder LV  
Number: 728

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 49:39

Speed: 12.08 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 50 (of 138)

Rank in course/Men: 47 (of 100)

Best time in course: 36:14

Rank in category: 8(of 15)

Best time in the category: 42:33