



33. Königseer Stadtwaldlauf  
Königsee / 25.08.2013

Detailed evaluation

**Spranger, Steffen**

Club: Joho Stützerbach  
Number: 785

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 50:49

Speed: 11.81 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 60 (of 138)

Rank in course/Men: 54 (of 100)

Best time in course: 36:14

Rank in category: 6(of 9)

Best time in the category: 38:49