



34. Königseer Stadtwaldlauf  
Königsee / 31.08.2014

Detailed evaluation

Nessel, Torsten

Club: EasyFun

Number: 150

Course: 10.00 km

10 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:21

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 74 (of 128)

Rank in course/Men: 63 (of 91)

Best time in course: 38:26

Rank in category: 8(of 11)

Best time in the category: 41:06