



34. Königseer Stadtwaldlauf  
Königsee / 31.08.2014

Detailed evaluation

Rattmann, Ellen

Club: FSV 1950 Gotha e.V.

Number: 94

Course: 10.00 km

10 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 53:53

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 79 (of 128)

Rank in course/Women: 14 (of 37)

Best time in course: 46:39

Rank in category: 4(of 9)

Best time in the category: 46:39