



34. Königseer Stadtwaldlauf
Königsee / 31.08.2014

Detailed evaluation

Helms, Dieter

Club: Unterpörlitz

Number: 44

Course: 10.00 km

10 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 54:35

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 82 (of 128)

Rank in course/Men: 67 (of 91)

Best time in course: 38:26

Rank in category: 17(of 22)

Best time in the category: 42:47