



34. Königseer Stadtwaldlauf
Königsee / 31.08.2014

Detailed evaluation

Hermann, Rainer

Club: LAC Rudolstadt
Number: 46

Course: 10.00 km
10 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 55:02

Speed: 10.90 km/h
Running performance: 5:30 min/km

Rank in course/Total: 83 (of 128)

Rank in course/Men: 68 (of 91)

Best time in course: 38:26

Rank in category: 1(of 2)

Best time in the category: 55:02