



34. Königseer Stadtwaldlauf
Königsee / 31.08.2014

Detailed evaluation

Hein, Sandra

Club: LV Saalfeld

Number: 42

Course: 10.00 km

10 km - Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 56:42

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 94 (of 128)

Rank in course/Women: 22 (of 37)

Best time in course: 46:39

Rank in category: 5(of 7)

Best time in the category: 50:55