



34. Königseer Stadtwaldlauf
Königsee / 31.08.2014

Detailed evaluation

Attula, Ralf

Club: Allendorf OT Aschau
Number: 5

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 57:14

Speed: 10.48 km/h
Running performance: 5:43 min/km

Rank in course/Total: 96 (of 128)

Rank in course/Men: 74 (of 91)

Best time in course: 38:26

Rank in category: 9(of 11)

Best time in the category: 41:06