



34. Königseer Stadtwaldlauf
Königsee / 31.08.2014

Detailed evaluation

Urban, Heike

Club: VfL 28 Ellrich

Number: 114

Course: 10.00 km

10 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 57:54

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 101 (of 128)

Rank in course/Women: 26 (of 37)

Best time in course: 46:39

Rank in category: 7 (of 9)

Best time in the category: 46:39