



34. Königseer Stadtwaldlauf  
Königsee / 31.08.2014

Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg  
Number: 129

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:06:38

Speed: 9.00 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 121 (of 128)

Rank in course/Men: 86 (of 91)

Best time in course: 38:26

Rank in category: 11(of 11)

Best time in the category: 41:06