



34. Königseer Stadtwaldlauf  
Königsee / 31.08.2014

Detailed evaluation

Henkel, Tobias

Club: Team Rüdsher Königsee  
Number: 219

Course: 20.00 km  
20 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:37:01

Speed: 12.37 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 10 (of 29)

Rank in course/Men: 10 (of 28)

Best time in course: 1:15:33

Rank in category: 3(of 4)

Best time in the category: 1:15:33