



34. Königseer Stadtwaldlauf
Königsee / 31.08.2014

Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig
Number: 215

Course: 20.00 km
20 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:42:31

Speed: 11.71 km/h
Running performance: 5:08 min/km

Rank in course/Total: 16 (of 29)

Rank in course/Men: 16 (of 28)

Best time in course: 1:15:33

Rank in category: 4(of 8)

Best time in the category: 1:37:44