



34. Königseer Stadtwaldlauf
Königsee / 31.08.2014

Detailed evaluation

Kornhas, Christoph

Club: SV Emsetal

Number: 137

Course: 10.00 km

10 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 40:05

Speed: 14.97 km/h

Running performance: 4:01 min/km

Rank in course/Total: 3 (of 128)

Rank in course/Men: 3 (of 91)

Best time in course: 38:26

Rank in category: 1(of 5)

Best time in the category: 40:05