



34. Königseer Stadtwaldlauf
Königsee / 31.08.2014

Detailed evaluation

Münch, Heiko

Club: sc-impuls Erfurt
Number: 81

Course: 10.00 km
10 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 42:00

Speed: 14.29 km/h
Running performance: 4:12 min/km

Rank in course/Total: 7 (of 128)

Rank in course/Men: 7 (of 91)

Best time in course: 38:26

Rank in category: 3(of 11)

Best time in the category: 41:06