



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Steinkamp, Robert

Club: Ennigerloh
Number: 832

Course: 10.00 km
Volkslauf

Category:
Männer M30

Total time: 38:05

Speed: 15.75 km/h
Running performance: 3:49 min/km

Rank in course/Total: 5 (of 141)

Rank in course/Men: 5 (of 101)

Best time in course: 33:35

Rank in category: 2(of 9)

Best time in the category: 34:49