



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Dirk, Knappheide

Club: Tri Team Warendorf  
Number: 752

Course: 10.00 km  
Volkslauf

Category:  
Männer M40

Total time: 40:16

Speed: 14.90 km/h  
Running performance: 4:02 min/km

Rank in course/Total: 8 (of 141)

Rank in course/Men: 8 (of 101)

Best time in course: 33:35

Rank in category: 2(of 22)

Best time in the category: 37:50