



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Penaat, Sven

Club: LSF Münster
Number: 800

Course: 10.00 km
Volkslauf

Category:
Männer M40

Total time: 40:32

Speed: 14.80 km/h
Running performance: 4:03 min/km

Rank in course/Total: 9 (of 141)

Rank in course/Men: 9 (of 101)

Best time in course: 33:35

Rank in category: 3(of 22)

Best time in the category: 37:50