



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Auerswald, Steffen

Club: Warendorf
Number: 630

Course: 5.00 km
Jedermannlauf

Category:
Männer M40

Total time: 18:15

Speed: 16.44 km/h
Running performance: 3:39 min/km

Rank in course/Total: 2 (of 44)

Rank in course/Men: 2 (of 31)

Best time in course: 16:14

Rank in category: 1(of 6)

Best time in the category: 18:15