



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Schräder, Gerd

Club: Warendorf
Number: 797

Course: 10.00 km
Volkslauf

Category:
Männer M30

Total time: 42:11

Speed: 14.22 km/h
Running performance: 4:13 min/km

Rank in course/Total: 14 (of 141)

Rank in course/Men: 13 (of 101)

Best time in course: 33:35

Rank in category: 3(of 9)

Best time in the category: 34:49