



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Ruploh, Werner

Club: LV Oelde
Number: 762

Course: 10.00 km
Volkslauf

Category:
Männer M40

Total time: 42:30

Speed: 14.12 km/h
Running performance: 4:15 min/km

Rank in course/Total: 16 (of 141)

Rank in course/Men: 15 (of 101)

Best time in course: 33:35

Rank in category: 5(of 22)

Best time in the category: 37:50