



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Frisch, Martin

Club: Münster
Number: 703

Course: 10.00 km
Volkslauf

Category:
Männer M45

Total time: 43:27

Speed: 13.81 km/h
Running performance: 4:20 min/km

Rank in course/Total: 19 (of 141)

Rank in course/Men: 18 (of 101)

Best time in course: 33:35

Rank in category: 5(of 27)

Best time in the category: 35:14