



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

John, Philipp

Club: LG Ems Warendorf  
Number: 631

Course: 5.00 km  
Jedermannlauf

Category:  
Männer M20

Total time: 18:24

Speed: 16.30 km/h  
Running performance: 3:41 min/km

Rank in course/Total: 3 (of 44)

Rank in course/Men: 3 (of 31)

Best time in course: 16:14

Rank in category: 2(of 10)

Best time in the category: 16:14