



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Heidemann, Martin

Club: SC DJK Everswinkel  
Number: 814

Course: 10.00 km  
Volkslauf

Category:  
Männer M40

Total time: 43:54

Speed: 13.67 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 21 (of 141)

Rank in course/Men: 20 (of 101)

Best time in course: 33:35

Rank in category: 6(of 22)

Best time in the category: 37:50