



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Malow, Dr. Holger

Club: Warendorf

Number: 741

Course: 10.00 km

Volkslauf

Category:

Männer M35

Total time: 44:04

Speed: 13.62 km/h

Running performance: 4:25 min/km

Rank in course/Total: 22 (of 141)

Rank in course/Men: 21 (of 101)

Best time in course: 33:35

Rank in category: 3(of 9)

Best time in the category: 40:02