



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Lindart, Ludger

Club: Everswinkel

Number: 742

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 44:47

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 28 (of 141)

Rank in course/Men: 26 (of 101)

Best time in course: 33:35

Rank in category: 8(of 22)

Best time in the category: 37:50