



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Zumdieck, Norbert

Club: WSU TriTeam

Number: 730

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 44:48

Speed: 13.39 km/h

Running performance: 4:29 min/km

Rank in course/Total: 29 (of 141)

Rank in course/Men: 27 (of 101)

Best time in course: 33:35

Rank in category: 9(of 22)

Best time in the category: 37:50