



29. Emssee Volkslauf  
Warendorf / 06.09.2008

## Detailed evaluation

**Barnitzki, Thomas**

Club: LG Bad Salzuflen  
Number: 811

Course: 10.00 km  
Volkslauf

Category:  
Männer M45

Total time: 44:50

Speed: 13.38 km/h

Running performance: 4:29 min/km

Rank in course/Total: 30 (of 141)

Rank in course/Men: 28 (of 101)

Best time in course: 33:35

Rank in category: 7(of 27)

Best time in the category: 35:14