



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Bender, Thomas

Club: LTV Lippstadt
Number: 836

Course: 10.00 km
Volkslauf

Category:
männliche Jugend A

Total time: 46:02

Speed: 13.03 km/h
Running performance: 4:36 min/km

Rank in course/Total: 34 (of 141)

Rank in course/Men: 32 (of 101)

Best time in course: 33:35

Rank in category: 1(of 1)

Best time in the category: 46:02