



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

**Birkner, Hans-Ulrich**

Club: Steinhagen

Number: 755

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 46:43

Speed: 12.84 km/h

Running performance: 4:40 min/km

Rank in course/Total: 36 (of 141)

Rank in course/Men: 34 (of 101)

Best time in course: 33:35

Rank in category: 9(of 27)

Best time in the category: 35:14