



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Frisch, Wolfgang

Club: GW Westkirchen
Number: 813

Course: 10.00 km
Volkslauf

Category:
Männer M40

Total time: 46:49

Speed: 12.82 km/h
Running performance: 4:41 min/km

Rank in course/Total: 37 (of 141)

Rank in course/Men: 35 (of 101)

Best time in course: 33:35

Rank in category: 10(of 22)

Best time in the category: 37:50