



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Jakisch, Thomas

Club: WSU Tri Team Warendorf  
Number: 747

Course: 10.00 km  
Volkslauf

Category:  
Männer M45

Total time: 47:08

Speed: 12.73 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 40 (of 141)

Rank in course/Men: 38 (of 101)

Best time in course: 33:35

Rank in category: 10(of 27)

Best time in the category: 35:14