



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Ackermann, Ingolf

Club: LG Ems Warendorf
Number: 790

Course: 10.00 km
Volkslauf

Category:
Männer M60

Total time: 47:23

Speed: 12.66 km/h
Running performance: 4:44 min/km

Rank in course/Total: 42 (of 141)

Rank in course/Men: 40 (of 101)

Best time in course: 33:35

Rank in category: 2(of 6)

Best time in the category: 46:50