



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Lammers, Jan-Bernd

Club: TUS Freckenhorst  
Number: 777

Course: 10.00 km  
Volkslauf

Category:  
Männer M35

Total time: 48:32

Speed: 12.36 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 47 (of 141)

Rank in course/Men: 44 (of 101)

Best time in course: 33:35

Rank in category: 6(of 9)

Best time in the category: 40:02