



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Heptner, Günter

Club: LC Solbad Ravensberg
Number: 766

Course: 10.00 km
Volkslauf

Category:
Männer M45

Total time: 48:56

Speed: 12.26 km/h
Running performance: 4:53 min/km

Rank in course/Total: 51 (of 141)

Rank in course/Men: 48 (of 101)

Best time in course: 33:35

Rank in category: 12(of 27)

Best time in the category: 35:14