



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Lerchner, Tristan

Club: Sassenberg  
Number: 775

Course: 10.00 km  
Volkslauf

Category:  
Männer M20

Total time: 49:54

Speed: 12.02 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 56 (of 141)

Rank in course/Men: 52 (of 101)

Best time in course: 33:35

Rank in category: 8(of 8)

Best time in the category: 33:35