



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Vahrenhorst, Wolfgang

Club: FLG Gütersloh  
Number: 1167

Course: 10.00 km  
Volkslauf

Category:  
Männer M45

Total time: 50:24

Speed: 11.90 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 59 (of 141)

Rank in course/Men: 55 (of 101)

Best time in course: 33:35

Rank in category: 15(of 27)

Best time in the category: 35:14