



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Haase, Jens

Club: LG Ems - VfL Sassenberg
Number: 613

Course: 5.00 km
Jedermannlauf

Category:
Männer M20

Total time: 19:18

Speed: 15.54 km/h
Running performance: 3:52 min/km

Rank in course/Total: 6 (of 44)

Rank in course/Men: 6 (of 31)

Best time in course: 16:14

Rank in category: 4(of 10)

Best time in the category: 16:14