



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Michelis, Konrad

Club: SuS Enniger

Number: 716

Course: 10.00 km

Volkslauf

Category:

Männer M60

Total time: 50:46

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 63 (of 141)

Rank in course/Men: 59 (of 101)

Best time in course: 33:35

Rank in category: 3(of 6)

Best time in the category: 46:50