



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

**Grove, Martin**

Club: Warendorf  
Number: 839

Course: 10.00 km  
Volkslauf

Category:  
Männer M45

Total time: 51:42

Speed: 11.61 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 67 (of 141)

Rank in course/Men: 63 (of 101)

Best time in course: 33:35

Rank in category: 17(of 27)

Best time in the category: 35:14