



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Staljan, Bernd

Club: Drensteinfurt
Number: 798

Course: 10.00 km
Volkslauf

Category:
Männer M30

Total time: 52:12

Speed: 11.49 km/h
Running performance: 5:13 min/km

Rank in course/Total: 70 (of 141)

Rank in course/Men: 66 (of 101)

Best time in course: 33:35

Rank in category: 8(of 9)

Best time in the category: 34:49