



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Murrenhoff, Christian

Club: TUS Freckenhorst  
Number: 771

Course: 10.00 km  
Volkslauf

Category:  
Männer M45

Total time: 53:07

Speed: 11.30 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 74 (of 141)

Rank in course/Men: 67 (of 101)

Best time in course: 33:35

Rank in category: 18(of 27)

Best time in the category: 35:14