



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Heine, Alfried

Club: TUS-Freckenhorst
Number: 735

Course: 10.00 km
Volkslauf

Category:
Männer M60

Total time: 53:08

Speed: 11.29 km/h
Running performance: 5:19 min/km

Rank in course/Total: 75 (of 141)

Rank in course/Men: 68 (of 101)

Best time in course: 33:35

Rank in category: 4(of 6)

Best time in the category: 46:50