



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Beckmann, Ralf

Club: Warendorf
Number: 745

Course: 10.00 km
Volkslauf

Category:
Männer M40

Total time: 53:10

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

Rank in course/Total: 76 (of 141)

Rank in course/Men: 69 (of 101)

Best time in course: 33:35

Rank in category: 14(of 22)

Best time in the category: 37:50