



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Koop, Hermann

Club: TSV Ostenfelde  
Number: 753

Course: 10.00 km  
Volkslauf

Category:  
Männer M60

Total time: 53:12

Speed: 11.28 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 77 (of 141)

Rank in course/Men: 70 (of 101)

Best time in course: 33:35

Rank in category: 5(of 6)

Best time in the category: 46:50