



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Growe, Ludger

Club: LG Beelen
Number: 810

Course: 10.00 km
Volkslauf

Category:
Männer M50

Total time: 53:39

Speed: 11.18 km/h
Running performance: 5:22 min/km

Rank in course/Total: 78 (of 141)

Rank in course/Men: 71 (of 101)

Best time in course: 33:35

Rank in category: 7(of 11)

Best time in the category: 42:28