



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

May, Detlef

Club: LC Solbad Ravensberg  
Number: 738

Course: 10.00 km  
Volkslauf

Category:  
Männer M45

Total time: 53:54

Speed: 11.13 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 79 (of 141)

Rank in course/Men: 72 (of 101)

Best time in course: 33:35

Rank in category: 19(of 27)

Best time in the category: 35:14