



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Heptner, Jürgen

Club: A+B Versmold
Number: 819

Course: 10.00 km
Volkslauf

Category:
Männer M45

Total time: 54:06

Speed: 11.09 km/h
Running performance: 5:25 min/km

Rank in course/Total: 81 (of 141)

Rank in course/Men: 74 (of 101)

Best time in course: 33:35

Rank in category: 21(of 27)

Best time in the category: 35:14