



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Rehfeld, Jörg

Club: WSU Warendorf  
Number: 733

Course: 10.00 km  
Volkslauf

Category:  
Männer M40

Total time: 54:11

Speed: 11.07 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 82 (of 141)

Rank in course/Men: 75 (of 101)

Best time in course: 33:35

Rank in category: 15(of 22)

Best time in the category: 37:50