



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Haselhorst, Volker

Club: Warendorf
Number: 736

Course: 10.00 km
Volkslauf

Category:
Männer M45

Total time: 54:30

Speed: 11.01 km/h
Running performance: 5:27 min/km

Rank in course/Total: 87 (of 141)

Rank in course/Men: 78 (of 101)

Best time in course: 33:35

Rank in category: 22(of 27)

Best time in the category: 35:14