



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Lippert, Theo

Club: Turnverein 05 Neubeckum
Number: 712

Course: 10.00 km
Volkslauf

Category:
Männer M45

Total time: 54:39

Speed: 10.98 km/h
Running performance: 5:28 min/km

Rank in course/Total: 89 (of 141)

Rank in course/Men: 79 (of 101)

Best time in course: 33:35

Rank in category: 23(of 27)

Best time in the category: 35:14