



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Kischel, Heike

Club: LG Ems Warendorf
Number: 625

Course: 5.00 km
Jedermannlauf

Category:
Männer M35

Total time: 20:29

Speed: 14.65 km/h
Running performance: 4:06 min/km

Rank in course/Total: 10 (of 44)

Rank in course/Men: 10 (of 31)

Best time in course: 16:14

Rank in category: 1(of 3)

Best time in the category: 20:29