



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Fögeling, Frank

Club: kV Hesselfreunde Sassenberg
Number: 774

Course: 10.00 km
Volkslauf

Category:
Männer M30

Total time: 56:56

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 104 (of 141)

Rank in course/Men: 87 (of 101)

Best time in course: 33:35

Rank in category: 9(of 9)

Best time in the category: 34:49