



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Brüggemann, Anton

Club: TUS Freckenhorst
Number: 779

Course: 10.00 km
Volkslauf

Category:
Männer M45

Total time: 57:09

Speed: 10.50 km/h
Running performance: 5:43 min/km

Rank in course/Total: 106 (of 141)

Rank in course/Men: 88 (of 101)

Best time in course: 33:35

Rank in category: 26(of 27)

Best time in the category: 35:14