



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Grothues, Dieter

Club: Warendorf
Number: 795

Course: 10.00 km
Volkslauf

Category:
Männer M50

Total time: 59:19

Speed: 10.12 km/h
Running performance: 5:56 min/km

Rank in course/Total: 113 (of 141)

Rank in course/Men: 91 (of 101)

Best time in course: 33:35

Rank in category: 9(of 11)

Best time in the category: 42:28