



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Frochte, Martin

Club: TUS Freckenhorst  
Number: 772

Course: 10.00 km  
Volkslauf

Category:  
Männer M40

Total time: 1:01:21

Speed: 9.78 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 117 (of 141)

Rank in course/Men: 92 (of 101)

Best time in course: 33:35

Rank in category: 17(of 22)

Best time in the category: 37:50