



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Nowack, Rainer

Club: Warendorf  
Number: 788

Course: 10.00 km  
Volkslauf

Category:  
Männer M40

Total time: 1:02:05

Speed: 9.66 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 121 (of 141)

Rank in course/Men: 94 (of 101)

Best time in course: 33:35

Rank in category: 19(of 22)

Best time in the category: 37:50