



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Beek, Norbert

Club: Münster  
Number: 801

Course: 10.00 km  
Volkslauf

Category:  
Männer M50

Total time: 1:09:51

Speed: 8.59 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 136 (of 141)

Rank in course/Men: 97 (of 101)

Best time in course: 33:35

Rank in category: 10(of 11)

Best time in the category: 42:28