



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Schwerbrock, Sebastian

Club: LG Ems / WSU
Number: 608

Course: 5.00 km
Jedermannlauf

Category:
Männer M20

Total time: 24:25

Speed: 12.29 km/h
Running performance: 4:53 min/km

Rank in course/Total: 19 (of 44)

Rank in course/Men: 19 (of 31)

Best time in course: 16:14

Rank in category: 9(of 10)

Best time in the category: 16:14