



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Deckenbrock, Wolfgang

Club: LG Ems SCDJK Everswinkel
Number: 627

Course: 5.00 km
Jedermannlauf

Category:
Männer M40

Total time: 24:33

Speed: 12.22 km/h
Running performance: 4:55 min/km

Rank in course/Total: 21 (of 44)

Rank in course/Men: 21 (of 31)

Best time in course: 16:14

Rank in category: 4(of 6)

Best time in the category: 18:15