



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Sengstock, Karsten

Club: DJK Gütersloh
Number: 632

Course: 5.00 km
Jedermannlauf

Category:
Männer M40

Total time: 24:47

Speed: 12.10 km/h
Running performance: 4:58 min/km

Rank in course/Total: 23 (of 44)

Rank in course/Men: 22 (of 31)

Best time in course: 16:14

Rank in category: 5(of 6)

Best time in the category: 18:15