



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Gelfarth, Rüdiger

Club: VFL Gummersbach  
Number: 610

Course: 5.00 km  
Jedermannlauf

Category:  
Männer M40

Total time: 26:16

Speed: 11.42 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 27 (of 44)

Rank in course/Men: 24 (of 31)

Best time in course: 16:14

Rank in category: 6(of 6)

Best time in the category: 18:15