



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Sandknop, Ludger

Club: LG Ahlen  
Number: 624

Course: 5.00 km  
Jedermannlauf

Category:  
Männer M50

Total time: 29:57

Speed: 10.02 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 41 (of 44)

Rank in course/Men: 30 (of 31)

Best time in course: 16:14

Rank in category: 3(of 4)

Best time in the category: 26:05