



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Molsbeck, Norbert

Club: LC Solbad Ravensberg
Number: 1186

Course: 21.10 km
Halbmarathon

Category:
Männer M50

Total time: 1:24:19

Speed: 15.01 km/h
Running performance: 4:00 min/km

Rank in course/Total: 8 (of 142)

Rank in course/Men: 7 (of 107)

Best time in course: 1:18:01

Rank in category: 1(of 16)

Best time in the category: 1:24:19