



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Paschel, Sascha

Club: Tri Speed Marienfeld
Number: 1206

Course: 21.10 km
Halbmarathon

Category:
Männer M35

Total time: 1:25:00

Speed: 14.82 km/h
Running performance: 4:02 min/km

Rank in course/Total: 9 (of 142)

Rank in course/Men: 8 (of 107)

Best time in course: 1:18:01

Rank in category: 3(of 13)

Best time in the category: 1:18:35