



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Kiffmeier, Ulrich

Club: Josefschule Warendorf
Number: 1258

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:27:25

Speed: 14.41 km/h
Running performance: 4:08 min/km

Rank in course/Total: 12 (of 142)

Rank in course/Men: 11 (of 107)

Best time in course: 1:18:01

Rank in category: 1(of 25)

Best time in the category: 1:27:25