



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Lüttke, Dirk

Club: Marathon Soest
Number: 1173

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:27:52

Speed: 14.34 km/h
Running performance: 4:10 min/km

Rank in course/Total: 16 (of 142)

Rank in course/Men: 15 (of 107)

Best time in course: 1:18:01

Rank in category: 5(of 29)

Best time in the category: 1:18:01