



29. Emssee Volkslauf  
Warendorf / 06.09.2008

## Detailed evaluation

**Strathkötter, Gerd**

Club: LC Solbad Ravensberg  
Number: 1264

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 1:29:38

Speed: 14.06 km/h  
Running performance: 4:15 min/km

Rank in course/Total: 17 (of 142)

Rank in course/Men: 16 (of 107)

Best time in course: 1:18:01

Rank in category: 6(of 29)

Best time in the category: 1:18:01