



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Pokorny, Ralph

Club: 1. FC Köln

Number: 1031

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:29:47

Speed: 14.10 km/h

Running performance: 4:16 min/km

Rank in course/Total: 18 (of 142)

Rank in course/Men: 17 (of 107)

Best time in course: 1:18:01

Rank in category: 3(of 25)

Best time in the category: 1:27:25