



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Riecke, Benjamin

Club: LC Solbad Ravensberg  
Number: 1188

Course: 21.10 km  
Halbmarathon

Category:  
Männer M20

Total time: 1:30:41

Speed: 13.89 km/h  
Running performance: 4:18 min/km

Rank in course/Total: 19 (of 142)

Rank in course/Men: 18 (of 107)

Best time in course: 1:18:01

Rank in category: 2(of 6)

Best time in the category: 1:27:48