



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Bröggelhoff, Uwe

Club: WSU Tri Team Warendorf
Number: 1210

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:30:54

Speed: 13.86 km/h

Running performance: 4:19 min/km

Rank in course/Total: 20 (of 142)

Rank in course/Men: 19 (of 107)

Best time in course: 1:18:01

Rank in category: 4(of 25)

Best time in the category: 1:27:25