



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Ahring, Udo

Club: Landstreicher  
Number: 1189

Course: 21.10 km  
Halbmarathon

Category:  
Männer M45

Total time: 1:30:58

Speed: 13.85 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 21 (of 142)

Rank in course/Men: 20 (of 107)

Best time in course: 1:18:01

Rank in category: 5(of 25)

Best time in the category: 1:27:25