



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Silvestri, Francesco

Club: SC DJK Everswinkel
Number: 1254

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:34:25

Speed: 13.41 km/h
Running performance: 4:28 min/km

Rank in course/Total: 27 (of 142)

Rank in course/Men: 26 (of 107)

Best time in course: 1:18:01

Rank in category: 9(of 29)

Best time in the category: 1:18:01