



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Augustat, Gunter

Club: DJK Ewaldi Aplerbeck
Number: 1000

Course: 21.10 km
Halbmarathon

Category:
Männer M50

Total time: 1:34:45

Speed: 13.30 km/h
Running performance: 4:29 min/km

Rank in course/Total: 28 (of 142)

Rank in course/Men: 27 (of 107)

Best time in course: 1:18:01

Rank in category: 2(of 16)

Best time in the category: 1:24:19