



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

**Staudenmaier, Steffen**

Club: Brüder im Geiste  
Number: 1199

Course: 21.10 km  
Halbmarathon

Category:  
Männer M30

Total time: 1:36:59

Speed: 12.99 km/h  
Running performance: 4:36 min/km

Rank in course/Total: 34 (of 142)

Rank in course/Men: 32 (of 107)

Best time in course: 1:18:01

Rank in category: 3(of 6)

Best time in the category: 1:27:39