



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Gharem, Achim

Club: Tod im Maisfeld Düsseldorf
Number: 1198

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:37:17

Speed: 12.95 km/h
Running performance: 4:37 min/km

Rank in course/Total: 37 (of 142)

Rank in course/Men: 35 (of 107)

Best time in course: 1:18:01

Rank in category: 11(of 29)

Best time in the category: 1:18:01