



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Seip, Christian

Club: Bochum
Number: 1037

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:39:20

Speed: 12.68 km/h
Running performance: 4:43 min/km

Rank in course/Total: 42 (of 142)

Rank in course/Men: 39 (of 107)

Best time in course: 1:18:01

Rank in category: 12(of 29)

Best time in the category: 1:18:01