



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Höwedes, Andreas

Club: LSF Münster
Number: 1205

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:39:55

Speed: 12.61 km/h
Running performance: 4:44 min/km

Rank in course/Total: 44 (of 142)

Rank in course/Men: 41 (of 107)

Best time in course: 1:18:01

Rank in category: 10(of 25)

Best time in the category: 1:27:25