



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Twehues, Michael

Club: RSV Steinfurt
Number: 1251

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:40:10

Speed: 12.58 km/h
Running performance: 4:45 min/km

Rank in course/Total: 45 (of 142)

Rank in course/Men: 42 (of 107)

Best time in course: 1:18:01

Rank in category: 13(of 29)

Best time in the category: 1:18:01