



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Hovest, Ludger

Club: BSV Ostbevern
Number: 1241

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:40:28

Speed: 12.54 km/h
Running performance: 4:46 min/km

Rank in course/Total: 47 (of 142)

Rank in course/Men: 44 (of 107)

Best time in course: 1:18:01

Rank in category: 11(of 25)

Best time in the category: 1:27:25