



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Aundrup, Christian

Club: Warendorf

Number: 1152

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:41:27

Speed: 12.42 km/h

Running performance: 4:49 min/km

Rank in course/Total: 51 (of 142)

Rank in course/Men: 48 (of 107)

Best time in course: 1:18:01

Rank in category: 15(of 29)

Best time in the category: 1:18:01