



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Dues, Jan-Gerd

Club: TV - Borken  
Number: 1005

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 1:41:47

Speed: 12.38 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 53 (of 142)

Rank in course/Men: 50 (of 107)

Best time in course: 1:18:01

Rank in category: 17(of 29)

Best time in the category: 1:18:01