



29. Emssee Volkslauf  
Warendorf / 06.09.2008

## Detailed evaluation

**Große Lembeck, Josef**

Club: WSU Warendorf  
Number: 1007

Course: 21.10 km  
Halbmarathon

Category:  
Männer M55

Total time: 1:42:56

Speed: 12.24 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 55 (of 142)

Rank in course/Men: 52 (of 107)

Best time in course: 1:18:01

Rank in category: 2(of 5)

Best time in the category: 1:42:44