



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Förster, Detlef

Club: Everswinkel  
Number: 1175

Course: 21.10 km  
Halbmarathon

Category:  
Männer M45

Total time: 1:43:01

Speed: 12.23 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 56 (of 142)

Rank in course/Men: 53 (of 107)

Best time in course: 1:18:01

Rank in category: 13(of 25)

Best time in the category: 1:27:25