



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Isenbort, Rolf

Club: LG Burg
Number: 1156

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:43:04

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

Rank in course/Total: 57 (of 142)

Rank in course/Men: 54 (of 107)

Best time in course: 1:18:01

Rank in category: 18(of 29)

Best time in the category: 1:18:01