



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Lesaar, Gerd

Club: Marathon Soest
Number: 1172

Course: 21.10 km
Halbmarathon

Category:
Männer M50

Total time: 1:43:39

Speed: 12.16 km/h
Running performance: 4:55 min/km

Rank in course/Total: 60 (of 142)

Rank in course/Men: 57 (of 107)

Best time in course: 1:18:01

Rank in category: 7(of 16)

Best time in the category: 1:24:19