



29. Emssee Volkslauf  
Warendorf / 06.09.2008

## Detailed evaluation

**Harms, Thomas**

Club: TUS Bad Essen  
Number: 1228

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 1:49:10

Speed: 11.54 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 73 (of 142)

Rank in course/Men: 67 (of 107)

Best time in course: 1:18:01

Rank in category: 21(of 29)

Best time in the category: 1:18:01