



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Kriegel, Jürgen

Club: FC Greffen
Number: 1217

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:49:11

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

Rank in course/Total: 74 (of 142)

Rank in course/Men: 68 (of 107)

Best time in course: 1:18:01

Rank in category: 15(of 25)

Best time in the category: 1:27:25