



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Heinrich, Jürgen

Club: Beckum
Number: 1214

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:49:12

Speed: 11.54 km/h
Running performance: 5:11 min/km

Rank in course/Total: 75 (of 142)

Rank in course/Men: 69 (of 107)

Best time in course: 1:18:01

Rank in category: 16(of 25)

Best time in the category: 1:27:25