



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Pohlmann, Gerd

Club: TUS 07
Number: 1204

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:49:50

Speed: 11.47 km/h
Running performance: 5:13 min/km

Rank in course/Total: 77 (of 142)

Rank in course/Men: 70 (of 107)

Best time in course: 1:18:01

Rank in category: 17(of 25)

Best time in the category: 1:27:25