



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Rüsenberg, Michael

Club: TV 1895 Steinheim
Number: 1239

Course: 21.10 km
Halbmarathon

Category:
Männer M50

Total time: 1:49:54

Speed: 11.46 km/h
Running performance: 5:13 min/km

Rank in course/Total: 78 (of 142)

Rank in course/Men: 71 (of 107)

Best time in course: 1:18:01

Rank in category: 9(of 16)

Best time in the category: 1:24:19