



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Koch, Mark

Club: Warendorf
Number: 1208

Course: 21.10 km
Halbmarathon

Category:
Männer M35

Total time: 1:51:56

Speed: 11.26 km/h
Running performance: 5:18 min/km

Rank in course/Total: 84 (of 142)

Rank in course/Men: 76 (of 107)

Best time in course: 1:18:01

Rank in category: 13(of 13)

Best time in the category: 1:18:35