



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Grunwald, Lars

Club: Barntrup
Number: 1008

Course: 21.10 km
Halbmarathon

Category:
Männer M20

Total time: 1:55:26

Speed: 10.92 km/h
Running performance: 5:28 min/km

Rank in course/Total: 92 (of 142)

Rank in course/Men: 83 (of 107)

Best time in course: 1:18:01

Rank in category: 5(of 6)

Best time in the category: 1:27:48