



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Dr. Köhler, Hans-Werner

Club: Laufftreff Recklinghausen

Number: 1162

Course: 21.10 km

Halbmarathon

Category:

Männer M60

Total time: 1:57:12

Speed: 10.75 km/h

Running performance: 5:33 min/km

Rank in course/Total: 94 (of 142)

Rank in course/Men: 85 (of 107)

Best time in course: 1:18:01

Rank in category: 2(of 4)

Best time in the category: 1:43:19