



29. Emssee Volkslauf  
Warendorf / 06.09.2008

## Detailed evaluation

Holkenbrink, Alois

Club: TV Friesen Telgte  
Number: 1157

Course: 21.10 km  
Halbmarathon

Category:  
Männer M50

Total time: 1:58:42

Speed: 10.61 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 101 (of 142)

Rank in course/Men: 90 (of 107)

Best time in course: 1:18:01

Rank in category: 14(of 16)

Best time in the category: 1:24:19