



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Hols, Heinz

Club: Osnabrück
Number: 1216

Course: 21.10 km
Halbmarathon

Category:
Männer M55

Total time: 2:05:46

Speed: 10.02 km/h
Running performance: 5:58 min/km

Rank in course/Total: 113 (of 142)

Rank in course/Men: 97 (of 107)

Best time in course: 1:18:01

Rank in category: 4(of 5)

Best time in the category: 1:42:44