



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Epkenhans, Ursula

Club: Wiedenbrücker TV
Number: 1006

Course: 21.10 km
Halbmarathon

Category:
Frauen W45

Total time: 2:08:34

Speed: 9.80 km/h
Running performance: 6:05 min/km

Rank in course/Total: 120 (of 142)

Rank in course/Women: 21 (of 35)

Best time in course: 1:23:24

Rank in category: 8(of 11)

Best time in the category: 1:36:25