



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Pennekamp, Klaus

Club: Harsewinkel

Number: 1195

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 2:09:19

Speed: 9.74 km/h

Running performance: 6:08 min/km

Rank in course/Total: 121 (of 142)

Rank in course/Men: 100 (of 107)

Best time in course: 1:18:01

Rank in category: 22(of 25)

Best time in the category: 1:27:25