



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Freitag, Karin

Club: Lauffreunde Boenen
Number: 1235

Course: 21.10 km
Halbmarathon

Category:
Frauen W55

Total time: 2:15:04

Speed: 9.33 km/h
Running performance: 6:24 min/km

Rank in course/Total: 126 (of 142)

Rank in course/Women: 25 (of 35)

Best time in course: 1:23:24

Rank in category: 2(of 3)

Best time in the category: 2:07:03