



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Samson, Reiner

Club: Castrop-Rauxel
Number: 1034

Course: 21.10 km
Halbmarathon

Category:
Männer M50

Total time: 2:23:19

Speed: 8.79 km/h
Running performance: 6:47 min/km

Rank in course/Total: 138 (of 142)

Rank in course/Men: 106 (of 107)

Best time in course: 1:18:01

Rank in category: 16(of 16)

Best time in the category: 1:24:19