



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

**Strothmann, Rolf**

Club: Lengerich

Number: 1176

Course: 21.10 km

Halbmarathon

Category:

Männer M60

Total time: 2:28:03

Speed: 8.51 km/h

Running performance: 7:01 min/km

Rank in course/Total: 140 (of 142)

Rank in course/Men: 107 (of 107)

Best time in course: 1:18:01

Rank in category: 4(of 4)

Best time in the category: 1:43:19