



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Bergmann, Jens Erik**

Club: LC Solbad Ravensberg

Number: 1102

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:18:46

Speed: 16.00 km/h

Running performance: 3:44 min/km

Rank in course/Total: 2 (of 113)

Rank in course/Men: 2 (of 90)

Best time in course: 1:16:59

Rank in category: 1(of 23)

Best time in the category: 1:18:46