



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Hanne, Elias

Club: LG Ahlen
Number: 1120

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:20:37

Speed: 15.63 km/h
Running performance: 3:49 min/km

Rank in course/Total: 3 (of 113)

Rank in course/Men: 3 (of 90)

Best time in course: 1:16:59

Rank in category: 2(of 23)

Best time in the category: 1:18:46