



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Heithorn, Andreas

Club: Münster  
Number: 1080

Course: 21.10 km  
Halbmarathon

Category:  
Männer M45

Total time: 1:21:16

Speed: 15.50 km/h  
Running performance: 3:51 min/km

Rank in course/Total: 4 (of 113)

Rank in course/Men: 4 (of 90)

Best time in course: 1:16:59

Rank in category: 3(of 23)

Best time in the category: 1:18:46