



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Höner, Roger

Club: LV Oelde

Number: 1066

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:23:01

Speed: 15.18 km/h

Running performance: 3:56 min/km

Rank in course/Total: 5 (of 113)

Rank in course/Men: 5 (of 90)

Best time in course: 1:16:59

Rank in category: 4(of 23)

Best time in the category: 1:18:46