



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

#### Rannacher, Karsten

Club: DJK Gütersloh

Number: 1076

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:25:17

Speed: 14.77 km/h

Running performance: 4:02 min/km

Rank in course/Total: 7 (of 113)

Rank in course/Men: 7 (of 90)

Best time in course: 1:16:59

Rank in category: 5(of 23)

Best time in the category: 1:18:46