



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Elsner, Burkhard

Club: DJK Gütersloh

Number: 1075

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 1:25:22

Speed: 14.76 km/h

Running performance: 4:03 min/km

Rank in course/Total: 8 (of 113)

Rank in course/Men: 8 (of 90)

Best time in course: 1:16:59

Rank in category: 1(of 14)

Best time in the category: 1:25:22