



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Kiffmeier, Ulrich

Club: Harsewinkel

Number: 1118

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:25:25

Speed: 14.75 km/h

Running performance: 4:03 min/km

Rank in course/Total: 9 (of 113)

Rank in course/Men: 9 (of 90)

Best time in course: 1:16:59

Rank in category: 6(of 23)

Best time in the category: 1:18:46