



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Hamm, Mario

Club: Köln

Number: 1025

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:26:43

Speed: 14.53 km/h

Running performance: 4:07 min/km

Rank in course/Total: 10 (of 113)

Rank in course/Men: 10 (of 90)

Best time in course: 1:16:59

Rank in category: 1(of 6)

Best time in the category: 1:26:43