



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Hinrichs, Jörg

Club: Melle

Number: 1104

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:28:54

Speed: 14.17 km/h

Running performance: 4:13 min/km

Rank in course/Total: 12 (of 113)

Rank in course/Men: 12 (of 90)

Best time in course: 1:16:59

Rank in category: 3(of 15)

Best time in the category: 1:16:59