



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Böckers, Reinhard

Club: VfL Ahaus

Number: 1011

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:31:45

Speed: 13.73 km/h

Running performance: 4:21 min/km

Rank in course/Total: 14 (of 113)

Rank in course/Men: 13 (of 90)

Best time in course: 1:16:59

Rank in category: 7(of 23)

Best time in the category: 1:18:46