



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Middendorf, Rainer

Club: VfL Ahaus

Number: 1113

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:33:27

Speed: 13.48 km/h

Running performance: 4:26 min/km

Rank in course/Total: 17 (of 113)

Rank in course/Men: 16 (of 90)

Best time in course: 1:16:59

Rank in category: 4 (of 15)

Best time in the category: 1:16:59