



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Wirth zur Osten, Frank

Club: WSU

Number: 1053

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:33:34

Speed: 13.47 km/h

Running performance: 4:26 min/km

Rank in course/Total: 19 (of 113)

Rank in course/Men: 18 (of 90)

Best time in course: 1:16:59

Rank in category: 5(of 15)

Best time in the category: 1:16:59