



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Häusler, Ralf

Club: LiVe-Lauftreff in Versmold

Number: 1026

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:34:48

Speed: 13.29 km/h

Running performance: 4:29 min/km

Rank in course/Total: 23 (of 113)

Rank in course/Men: 21 (of 90)

Best time in course: 1:16:59

Rank in category: 9(of 23)

Best time in the category: 1:18:46