



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Losurdo, Guido

Club: Oelde

Number: 1037

Course: 21.10 km

Halbmarathon

Category:

Männer M20

Total time: 1:35:05

Speed: 13.25 km/h

Running performance: 4:31 min/km

Rank in course/Total: 25 (of 113)

Rank in course/Men: 22 (of 90)

Best time in course: 1:16:59

Rank in category: 2(of 12)

Best time in the category: 1:32:12