



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Flaßkamp, Michael

Club: Cool-Runnings-Beelen

Number: 1094

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:35:13

Speed: 13.23 km/h

Running performance: 4:31 min/km

Rank in course/Total: 26 (of 113)

Rank in course/Men: 23 (of 90)

Best time in course: 1:16:59

Rank in category: 3(of 6)

Best time in the category: 1:26:43