



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Holtkötter, Michael

Club: LsF Münster

Number: 1095

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 1:35:59

Speed: 13.13 km/h

Running performance: 4:33 min/km

Rank in course/Total: 31 (of 113)

Rank in course/Men: 24 (of 90)

Best time in course: 1:16:59

Rank in category: 2(of 14)

Best time in the category: 1:25:22