



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Hovest, Ludger

Club: BSV Ostbevern

Number: 1099

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:38:16

Speed: 12.82 km/h

Running performance: 4:40 min/km

Rank in course/Total: 36 (of 113)

Rank in course/Men: 28 (of 90)

Best time in course: 1:16:59

Rank in category: 10(of 23)

Best time in the category: 1:18:46