



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Diekmann, Jürgen

Club: SPVG Versmold

Number: 1082

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:40:03

Speed: 12.59 km/h

Running performance: 4:44 min/km

Rank in course/Total: 39 (of 113)

Rank in course/Men: 31 (of 90)

Best time in course: 1:16:59

Rank in category: 7(of 15)

Best time in the category: 1:16:59