



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Wiening, Jochen

Club: Warendorf

Number: 1073

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:41:31

Speed: 12.41 km/h

Running performance: 4:49 min/km

Rank in course/Total: 42 (of 113)

Rank in course/Men: 34 (of 90)

Best time in course: 1:16:59

Rank in category: 12(of 23)

Best time in the category: 1:18:46