



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Koch, Mark

Club: Warendorf

Number: 1081

Course: 21.10 km

Halbmarathon

Category:

Männer M35

Total time: 1:42:02

Speed: 12.35 km/h

Running performance: 4:50 min/km

Rank in course/Total: 43 (of 113)

Rank in course/Men: 35 (of 90)

Best time in course: 1:16:59

Rank in category: 4(of 8)

Best time in the category: 1:28:30