



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Breuker, Michael

Club: Laufteam Sundermann

Number: 1017

Course: 21.10 km

Halbmarathon

Category:

Männer M20

Total time: 1:43:34

Speed: 12.17 km/h

Running performance: 4:55 min/km

Rank in course/Total: 45 (of 113)

Rank in course/Men: 37 (of 90)

Best time in course: 1:16:59

Rank in category: 5(of 12)

Best time in the category: 1:32:12