



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Knuewer, Josef

Club: Heiden
Number: 1088

Course: 21.10 km
Halbmarathon

Category:
Männer M55

Total time: 1:44:03

Speed: 12.11 km/h
Running performance: 4:56 min/km

Rank in course/Total: 46 (of 113)

Rank in course/Men: 38 (of 90)

Best time in course: 1:16:59

Rank in category: 3(of 8)

Best time in the category: 1:37:46