



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Ruppert, Ralf**

Club: LG Oelde

Number: 1057

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:44:17

Speed: 12.08 km/h

Running performance: 4:56 min/km

Rank in course/Total: 48 (of 113)

Rank in course/Men: 40 (of 90)

Best time in course: 1:16:59

Rank in category: 14(of 23)

Best time in the category: 1:18:46