



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Lindart, Ludger

Club: Everswinkel

Number: 1056

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:45:14

Speed: 11.97 km/h

Running performance: 4:59 min/km

Rank in course/Total: 49 (of 113)

Rank in course/Men: 41 (of 90)

Best time in course: 1:16:59

Rank in category: 8(of 15)

Best time in the category: 1:16:59