



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Rickhoff, Manfred

Club: TV Friesen Telgte

Number: 1109

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 1:46:09

Speed: 11.87 km/h

Running performance: 5:02 min/km

Rank in course/Total: 53 (of 113)

Rank in course/Men: 43 (of 90)

Best time in course: 1:16:59

Rank in category: 3(of 14)

Best time in the category: 1:25:22