



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Epkenhans, Martin

Club: Tri Finish Münster

Number: 1021

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 1:47:53

Speed: 11.68 km/h

Running performance: 5:07 min/km

Rank in course/Total: 55 (of 113)

Rank in course/Men: 45 (of 90)

Best time in course: 1:16:59

Rank in category: 4(of 14)

Best time in the category: 1:25:22