



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

Falk, Holger

Club: L.m.S.-Laufen macht Spaß

Number: 1070

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:48:04

Speed: 11.66 km/h

Running performance: 5:07 min/km

Rank in course/Total: 56 (of 113)

Rank in course/Men: 46 (of 90)

Best time in course: 1:16:59

Rank in category: 4(of 6)

Best time in the category: 1:26:43