



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Niermann, Eekart**

Club: TV Friesen Telgte

Number: 1108

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 1:49:23

Speed: 11.52 km/h

Running performance: 5:11 min/km

Rank in course/Total: 58 (of 113)

Rank in course/Men: 47 (of 90)

Best time in course: 1:16:59

Rank in category: 5(of 14)

Best time in the category: 1:25:22