



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Rüting, Wolfgang

Club: Warendorf

Number: 1044

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 1:51:10

Speed: 11.33 km/h

Running performance: 5:16 min/km

Rank in course/Total: 62 (of 113)

Rank in course/Men: 50 (of 90)

Best time in course: 1:16:59

Rank in category: 6(of 14)

Best time in the category: 1:25:22