



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Ziese, Bernd

Club: Münster
Number: 1089

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:52:35

Speed: 11.19 km/h
Running performance: 5:20 min/km

Rank in course/Total: 64 (of 113)

Rank in course/Men: 51 (of 90)

Best time in course: 1:16:59

Rank in category: 18(of 23)

Best time in the category: 1:18:46