



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

Cornelsen, Lennart

Number: 1055

Course: 21.10 km

Halbmarathon

Category:

Männer M20

Total time: 1:52:42

Speed: 11.18 km/h

Running performance: 5:20 min/km

Rank in course/Total: 65 (of 113)

Rank in course/Men: 52 (of 90)

Best time in course: 1:16:59

Rank in category: 6(of 12)

Best time in the category: 1:32:12