



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Primke, Ronald**

Club: Irish Mucks

Number: 1123

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:53:02

Speed: 11.15 km/h

Running performance: 5:22 min/km

Rank in course/Total: 66 (of 113)

Rank in course/Men: 53 (of 90)

Best time in course: 1:16:59

Rank in category: 9(of 15)

Best time in the category: 1:16:59