



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Krause, Werner**

Club: VfL Ahaus

Number: 1008

Course: 21.10 km

Halbmarathon

Category:

Männer M55

Total time: 1:53:23

Speed: 11.11 km/h

Running performance: 5:22 min/km

Rank in course/Total: 68 (of 113)

Rank in course/Men: 54 (of 90)

Best time in course: 1:16:59

Rank in category: 4(of 8)

Best time in the category: 1:37:46