



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Blömker, Guido

Club: Warendorf

Number: 1079

Course: 21.10 km

Halbmarathon

Category:

Männer M35

Total time: 1:58:08

Speed: 10.67 km/h

Running performance: 5:36 min/km

Rank in course/Total: 73 (of 113)

Rank in course/Men: 59 (of 90)

Best time in course: 1:16:59

Rank in category: 6(of 8)

Best time in the category: 1:28:30