



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

Hensel, Carsten

Club: Goettingen

Number: 1027

Course: 21.10 km

Halbmarathon

Category:

Männer M35

Total time: 1:58:09

Speed: 10.66 km/h

Running performance: 5:36 min/km

Rank in course/Total: 74 (of 113)

Rank in course/Men: 60 (of 90)

Best time in course: 1:16:59

Rank in category: 7(of 8)

Best time in the category: 1:28:30