



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Averesch, Frank**

Club: Warendorf

Number: 1015

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 2:01:26

Speed: 10.38 km/h

Running performance: 5:46 min/km

Rank in course/Total: 81 (of 113)

Rank in course/Men: 67 (of 90)

Best time in course: 1:16:59

Rank in category: 13(of 15)

Best time in the category: 1:16:59