



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Karmann, Jürgen

Club: Warendorf

Number: 1092

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:58:32

Speed: 10.63 km/h

Running performance: 5:37 min/km

Rank in course/Total: 77 (of 113)

Rank in course/Men: 63 (of 90)

Best time in course: 1:16:59

Rank in category: 19(of 23)

Best time in the category: 1:18:46