



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Hilgemann, Klaus

Club: VfL Ahaus

Number: 1005

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 2:04:36

Speed: 10.11 km/h

Running performance: 5:55 min/km

Rank in course/Total: 85 (of 113)

Rank in course/Men: 71 (of 90)

Best time in course: 1:16:59

Rank in category: 10(of 14)

Best time in the category: 1:25:22