



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Förster, Dominik

Club: Warendorf

Number: 1085

Course: 21.10 km

Halbmarathon

Category:

Männer M20

Total time: 2:09:49

Speed: 9.71 km/h

Running performance: 6:09 min/km

Rank in course/Total: 91 (of 113)

Rank in course/Men: 75 (of 90)

Best time in course: 1:16:59

Rank in category: 11(of 12)

Best time in the category: 1:32:12