



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Hols, Heinz

Club: Osnabrück
Number: 1093

Course: 21.10 km
Halbmarathon

Category:
Männer M55

Total time: 2:14:17

Speed: 9.38 km/h
Running performance: 6:22 min/km

Rank in course/Total: 93 (of 113)

Rank in course/Men: 76 (of 90)

Best time in course: 1:16:59

Rank in category: 6(of 8)

Best time in the category: 1:37:46