



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Lüken, Guido

Club: Lauffreunde Emsland

Number: 1122

Course: 21.10 km

Halbmarathon

Category:

Männer M35

Total time: 2:14:52

Speed: 9.34 km/h

Running performance: 6:23 min/km

Rank in course/Total: 94 (of 113)

Rank in course/Men: 77 (of 90)

Best time in course: 1:16:59

Rank in category: 8(of 8)

Best time in the category: 1:28:30