



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Holkenbrink, Alois

Club: TV Friesen Telgte

Number: 1116

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 2:16:21

Speed: 9.24 km/h

Running performance: 6:28 min/km

Rank in course/Total: 96 (of 113)

Rank in course/Men: 78 (of 90)

Best time in course: 1:16:59

Rank in category: 11(of 14)

Best time in the category: 1:25:22