



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Gerloff, Heinrich

Club: TVL

Number: 1024

Course: 21.10 km

Halbmarathon

Category:

Männer M55

Total time: 2:19:39

Speed: 9.02 km/h

Running performance: 6:37 min/km

Rank in course/Total: 100 (of 113)

Rank in course/Men: 81 (of 90)

Best time in course: 1:16:59

Rank in category: 7(of 8)

Best time in the category: 1:37:46