



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Rönnau, Wilhelm

Club: Besentruppe Wir Schaffens 42

Number: 1040

Course: 21.10 km

Halbmarathon

Category:

Männer M55

Total time: 2:21:52

Speed: 8.88 km/h

Running performance: 6:43 min/km

Rank in course/Total: 102 (of 113)

Rank in course/Men: 82 (of 90)

Best time in course: 1:16:59

Rank in category: 8(of 8)

Best time in the category: 1:37:46