



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Amato, Angelo

Club: Warendorf

Number: 1114

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 2:22:48

Speed: 8.82 km/h

Running performance: 6:46 min/km

Rank in course/Total: 104 (of 113)

Rank in course/Men: 84 (of 90)

Best time in course: 1:16:59

Rank in category: 21(of 23)

Best time in the category: 1:18:46