



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Prangemeier, Holger

Club: Münster

Number: 1039

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 2:29:03

Speed: 8.45 km/h

Running performance: 7:04 min/km

Rank in course/Total: 109 (of 113)

Rank in course/Men: 87 (of 90)

Best time in course: 1:16:59

Rank in category: 22(of 23)

Best time in the category: 1:18:46