



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Saßnick, Jens

Club: SV Pennigsehl

Number: 1096

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 2:43:46

Speed: 7.69 km/h

Running performance: 7:46 min/km

Rank in course/Total: 111 (of 113)

Rank in course/Men: 88 (of 90)

Best time in course: 1:16:59

Rank in category: 14(of 15)

Best time in the category: 1:16:59