



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Haase, Jens**

Club: LG Ems Warendorf

Number: 684

Course: 5.00 km

Jedermannlauf

Category:

Männer M20

Total time: 17:19

Speed: 17.32 km/h

Running performance: 3:28 min/km

Rank in course/Total: 1 (of 64)

Rank in course/Men: 1 (of 45)

Best time in course: 17:19

Rank in category: 1(of 7)

Best time in the category: 17:19