



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Auerswald, Steffen

Club: LG Ems Warendorf

Number: 605

Course: 5.00 km

Jedermannlauf

Category:

Männer M40

Total time: 18:03

Speed: 16.62 km/h

Running performance: 3:37 min/km

Rank in course/Total: 2 (of 64)

Rank in course/Men: 2 (of 45)

Best time in course: 17:19

Rank in category: 1(of 5)

Best time in the category: 18:03