



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

#### Warode, Steffen

Club: VfL Sassenberg

Number: 613

Course: 5.00 km

Jedermannlauf

Category:

männliche Jugend B

Total time: 19:09

Speed: 15.67 km/h

Running performance: 3:50 min/km

Rank in course/Total: 3 (of 64)

Rank in course/Men: 3 (of 45)

Best time in course: 17:19

Rank in category: 1(of 6)

Best time in the category: 19:09