



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Haverkamp, Andre

Club: LG Ems Warendorf

Number: 699

Course: 5.00 km

Jedermannlauf

Category:

Männer M20

Total time: 19:14

Speed: 15.60 km/h

Running performance: 3:51 min/km

Rank in course/Total: 4 (of 64)

Rank in course/Men: 4 (of 45)

Best time in course: 17:19

Rank in category: 2(of 7)

Best time in the category: 17:19