



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Trumpp, Henning

Club: Münster

Number: 682

Course: 5.00 km

Jedermannlauf

Category:

Männer M45

Total time: 20:18

Speed: 14.78 km/h

Running performance: 4:04 min/km

Rank in course/Total: 8 (of 64)

Rank in course/Men: 8 (of 45)

Best time in course: 17:19

Rank in category: 1(of 7)

Best time in the category: 20:18