



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Niewöhner, Stefan

Club: LSF Münster
Number: 681

Course: 5.00 km
Jedermannlauf

Category:
Männer M30

Total time: 20:44

Speed: 14.47 km/h
Running performance: 4:09 min/km

Rank in course/Total: 9 (of 64)

Rank in course/Men: 9 (of 45)

Best time in course: 17:19

Rank in category: 1(of 3)

Best time in the category: 20:44