



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Rolf, Jorge

Club: Beckum

Number: 678

Course: 5.00 km

Jedermannlauf

Category:

Männer M35

Total time: 21:20

Speed: 14.06 km/h

Running performance: 4:16 min/km

Rank in course/Total: 10 (of 64)

Rank in course/Men: 10 (of 45)

Best time in course: 17:19

Rank in category: 2(of 5)

Best time in the category: 19:24