



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Janasik, Tadeusz

Club: Team Lohmann Witten

Number: 650

Course: 5.00 km

Jedermannlauf

Category:

Männer M45

Total time: 21:24

Speed: 14.02 km/h

Running performance: 4:17 min/km

Rank in course/Total: 11 (of 64)

Rank in course/Men: 11 (of 45)

Best time in course: 17:19

Rank in category: 2(of 7)

Best time in the category: 20:18