



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

#### Trenkpohl, Helmut

Club: Ennigerloh

Number: 694

Course: 5.00 km

Jedermannlauf

Category:

Männer M50

Total time: 22:05

Speed: 13.58 km/h

Running performance: 4:25 min/km

Rank in course/Total: 12 (of 64)

Rank in course/Men: 12 (of 45)

Best time in course: 17:19

Rank in category: 2(of 6)

Best time in the category: 20:00