



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Gartz, Karl-Heinz**

Club: Warendorf

Number: 617

Course: 5.00 km

Jedermannlauf

Category:

Männer M45

Total time: 22:32

Speed: 13.31 km/h

Running performance: 4:31 min/km

Rank in course/Total: 13 (of 64)

Rank in course/Men: 13 (of 45)

Best time in course: 17:19

Rank in category: 3(of 7)

Best time in the category: 20:18