



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Cordes, Marc

Club: WSU

Number: 606

Course: 5.00 km

Jedermannlauf

Category:

Männer M40

Total time: 23:55

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course/Total: 17 (of 64)

Rank in course/Men: 17 (of 45)

Best time in course: 17:19

Rank in category: 2(of 5)

Best time in the category: 18:03