



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Volmer, Michael**

Club: Tus Freckenhorst

Number: 691

Course: 5.00 km

Jedermannlauf

Category:

Männer M45

Total time: 24:08

Speed: 12.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 18 (of 64)

Rank in course/Men: 18 (of 45)

Best time in course: 17:19

Rank in category: 5(of 7)

Best time in the category: 20:18