



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Ahmann, Siegfried

Club: Heinrich Tellen Schule
Number: 700

Course: 5.00 km
Jedermannlauf

Category:
Männer M55

Total time: 24:18

Speed: 12.35 km/h
Running performance: 4:52 min/km

Rank in course/Total: 19 (of 64)

Rank in course/Men: 19 (of 45)

Best time in course: 17:19

Rank in category: 1(of 1)

Best time in the category: 24:18