



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

#### Wecker, Guido

Club: LSF Münster

Number: 689

Course: 5.00 km

Jedermannlauf

Category:

Männer M40

Total time: 24:51

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 23 (of 64)

Rank in course/Men: 23 (of 45)

Best time in course: 17:19

Rank in category: 3(of 5)

Best time in the category: 18:03