



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

koch, ralf

Club: broad-runners

Number: 609

Course: 5.00 km

Jedermannlauf

Category:

Männer M40

Total time: 26:24

Speed: 11.36 km/h

Running performance: 5:17 min/km

Rank in course/Total: 32 (of 64)

Rank in course/Men: 29 (of 45)

Best time in course: 17:19

Rank in category: 4(of 5)

Best time in the category: 18:03