



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Frohne, Volker

Club: Warendorf

Number: 652

Course: 5.00 km

Jedermannlauf

Category:

Männer M35

Total time: 28:06

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 39 (of 64)

Rank in course/Men: 33 (of 45)

Best time in course: 17:19

Rank in category: 4(of 5)

Best time in the category: 19:24