



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Mundmann, Martin**

Club: Scheffers Roadrunner

Number: 611

Course: 5.00 km

Jedermannlauf

Category:

Männer M30

Total time: 28:20

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 42 (of 64)

Rank in course/Men: 34 (of 45)

Best time in course: 17:19

Rank in category: 2(of 3)

Best time in the category: 20:44