



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Hoffmann, Volker

Club: Sportschule der Bundeswehr

Number: 686

Course: 5.00 km

Jedermannlauf

Category:

Männer M40

Total time: 28:38

Speed: 10.48 km/h

Running performance: 5:44 min/km

Rank in course/Total: 44 (of 64)

Rank in course/Men: 35 (of 45)

Best time in course: 17:19

Rank in category: 5(of 5)

Best time in the category: 18:03