



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Düpmeier, Armin

Club: Warendorf  
Number: 607

Course: 5.00 km  
Jedermannlauf

Category:  
Männer M50

Total time: 29:01

Speed: 10.34 km/h  
Running performance: 5:48 min/km

Rank in course/Total: 47 (of 64)

Rank in course/Men: 37 (of 45)

Best time in course: 17:19

Rank in category: 5(of 6)

Best time in the category: 20:00