



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Wekeiser, Jörg**

Club: The Irish Mucks

Number: 630

Course: 5.00 km

Jedermannlauf

Category:

Männer M45

Total time: 29:50

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 49 (of 64)

Rank in course/Men: 39 (of 45)

Best time in course: 17:19

Rank in category: 6(of 7)

Best time in the category: 20:18