



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Fögeling, Frank

Club: KV Hesselfreunde Sassenberg

Number: 676

Course: 5.00 km

Jedermannlauf

Category:

Männer M35

Total time: 30:16

Speed: 9.91 km/h

Running performance: 6:03 min/km

Rank in course/Total: 51 (of 64)

Rank in course/Men: 40 (of 45)

Best time in course: 17:19

Rank in category: 5(of 5)

Best time in the category: 19:24