



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Kralitschka, Jan

Club: Bad Honnef

Number: 672

Course: 5.00 km

Jedermannlauf

Category:

Männer M30

Total time: 31:03

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 53 (of 64)

Rank in course/Men: 42 (of 45)

Best time in course: 17:19

Rank in category: 3(of 3)

Best time in the category: 20:44