



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Hessling, Thomas

Club: Warendorf  
Number: 674

Course: 5.00 km  
Jedermannlauf

Category:  
Männer M45

Total time: 33:17

Speed: 9.01 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 57 (of 64)

Rank in course/Men: 43 (of 45)

Best time in course: 17:19

Rank in category: 7(of 7)

Best time in the category: 20:18