



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Hessling, Andreas

Club: FSV Geilenkirchen

Number: 677

Course: 5.00 km

Jedermannlauf

Category:

Männer M50

Total time: 33:30

Speed: 8.96 km/h

Running performance: 6:42 min/km

Rank in course/Total: 58 (of 64)

Rank in course/Men: 44 (of 45)

Best time in course: 17:19

Rank in category: 6(of 6)

Best time in the category: 20:00