



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Sheppard, Kevin

Club: Harsewinkel

Number: 737

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 33:16

Speed: 18.04 km/h

Running performance: 3:20 min/km

Rank in course/Total: 1 (of 141)

Rank in course/Men: 1 (of 105)

Best time in course: 33:16

Rank in category: 1(of 8)

Best time in the category: 33:16