



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Böckenholt, Thomas

Club: ESV Münster

Number: 778

Course: 10.00 km

Volkslauf

Category:

Männer M35

Total time: 34:34

Speed: 17.36 km/h

Running performance: 3:28 min/km

Rank in course/Total: 2 (of 141)

Rank in course/Men: 2 (of 105)

Best time in course: 33:16

Rank in category: 1(of 9)

Best time in the category: 34:34