



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Bischof, Jürgen

Club: LC Solbad Ravensberg

Number: 771

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 37:32

Speed: 15.99 km/h

Running performance: 3:45 min/km

Rank in course/Total: 3 (of 141)

Rank in course/Men: 3 (of 105)

Best time in course: 33:16

Rank in category: 1(of 22)

Best time in the category: 37:32