



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Molsbeck, Norbert

Club: LC Solbad Ravensberg

Number: 833

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 37:50

Speed: 15.86 km/h

Running performance: 3:47 min/km

Rank in course/Total: 4 (of 141)

Rank in course/Men: 4 (of 105)

Best time in course: 33:16

Rank in category: 1(of 18)

Best time in the category: 37:50