



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

van der Velde, Markus

Club: LSF Münster

Number: 728

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 38:02

Speed: 15.78 km/h

Running performance: 3:48 min/km

Rank in course/Total: 6 (of 141)

Rank in course/Men: 6 (of 105)

Best time in course: 33:16

Rank in category: 2(of 22)

Best time in the category: 37:32