



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Rowny, Raimund

Number: 832

Course: 10.00 km

Volkslauf

Category:

Männer M35

Total time: 38:14

Speed: 15.69 km/h

Running performance: 3:49 min/km

Rank in course/Total: 7 (of 141)

Rank in course/Men: 7 (of 105)

Best time in course: 33:16

Rank in category: 3(of 9)

Best time in the category: 34:34