



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Pfier, Leonard**

Club: LSF Münster

Number: 762

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 38:26

Speed: 15.61 km/h

Running performance: 3:50 min/km

Rank in course/Total: 8 (of 141)

Rank in course/Men: 8 (of 105)

Best time in course: 33:16

Rank in category: 3(of 22)

Best time in the category: 37:32