



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Marienfeld, Markus

Club: Warendorf

Number: 809

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 39:00

Speed: 15.38 km/h

Running performance: 3:54 min/km

Rank in course/Total: 10 (of 141)

Rank in course/Men: 10 (of 105)

Best time in course: 33:16

Rank in category: 1(of 21)

Best time in the category: 39:00