



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Schöning, Thomas

Club: DJK Gütersloh
Number: 791

Course: 10.00 km
Volkslauf

Category:
Männer M45

Total time: 39:18

Speed: 15.27 km/h
Running performance: 3:56 min/km

Rank in course/Total: 11 (of 141)

Rank in course/Men: 11 (of 105)

Best time in course: 33:16

Rank in category: 4(of 22)

Best time in the category: 37:32