



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Silvestri, Francesco

Club: SCDJK Everswinkel/LG Ems Warendorf  
Number: 727

Course: 10.00 km  
Volkslauf

Category:  
Männer M45

Total time: 39:26

Speed: 15.22 km/h  
Running performance: 3:56 min/km

Rank in course/Total: 12 (of 141)

Rank in course/Men: 12 (of 105)

Best time in course: 33:16

Rank in category: 5(of 22)

Best time in the category: 37:32