



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Loddemann, Martin

Club: Sassenberg

Number: 766

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 41:52

Speed: 14.33 km/h

Running performance: 4:11 min/km

Rank in course/Total: 13 (of 141)

Rank in course/Men: 13 (of 105)

Best time in course: 33:16

Rank in category: 2(of 8)

Best time in the category: 33:16