



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Kienecker, Bodo**

Club: Münster

Number: 817

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 42:24

Speed: 14.15 km/h

Running performance: 4:14 min/km

Rank in course/Total: 15 (of 141)

Rank in course/Men: 15 (of 105)

Best time in course: 33:16

Rank in category: 6(of 22)

Best time in the category: 37:32