



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Lammers, Jan-Bernd

Club: Freckenhorst

Number: 720

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 43:01

Speed: 13.95 km/h

Running performance: 4:18 min/km

Rank in course/Total: 18 (of 141)

Rank in course/Men: 17 (of 105)

Best time in course: 33:16

Rank in category: 4(of 21)

Best time in the category: 39:00