



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Dierkes, Manfred

Club: Trirun Ibbenbüren

Number: 667

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 43:03

Speed: 13.94 km/h

Running performance: 4:18 min/km

Rank in course/Total: 19 (of 141)

Rank in course/Men: 18 (of 105)

Best time in course: 33:16

Rank in category: 7(of 22)

Best time in the category: 37:32