



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Mergelmeyer, Hans-Bernd**

Club: TUS Borgloh

Number: 794

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 43:27

Speed: 13.81 km/h

Running performance: 4:20 min/km

Rank in course/Total: 21 (of 141)

Rank in course/Men: 20 (of 105)

Best time in course: 33:16

Rank in category: 5(of 21)

Best time in the category: 39:00