



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

### Stöppel, Manuel

Club: LSF Münster

Number: 810

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 43:40

Speed: 13.74 km/h

Running performance: 4:22 min/km

Rank in course/Total: 23 (of 141)

Rank in course/Men: 22 (of 105)

Best time in course: 33:16

Rank in category: 1(of 8)

Best time in the category: 43:40