



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Zumdieck, Norbert

Club: WSU Tri Team

Number: 729

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 44:35

Speed: 13.46 km/h

Running performance: 4:28 min/km

Rank in course/Total: 27 (of 141)

Rank in course/Men: 26 (of 105)

Best time in course: 33:16

Rank in category: 6(of 21)

Best time in the category: 39:00