



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Dellori, Dr. Klaus

Club: WSU Tri Team

Number: 716

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 44:56

Speed: 13.35 km/h

Running performance: 4:29 min/km

Rank in course/Total: 28 (of 141)

Rank in course/Men: 27 (of 105)

Best time in course: 33:16

Rank in category: 9(of 22)

Best time in the category: 37:32