



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Pfalz, Ulrich

Club: TUS-Scharnhorst-Dortmund

Number: 805

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 45:36

Speed: 13.16 km/h

Running performance: 4:34 min/km

Rank in course/Total: 29 (of 141)

Rank in course/Men: 28 (of 105)

Best time in course: 33:16

Rank in category: 3(of 18)

Best time in the category: 37:50