



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Frisch, Wolfgang

Club: GW Westkirchen

Number: 669

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 45:45

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 30 (of 141)

Rank in course/Men: 29 (of 105)

Best time in course: 33:16

Rank in category: 7(of 21)

Best time in the category: 39:00