



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Dunker, Michael**

Club: VfL Sassenberg

Number: 754

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 46:12

Speed: 12.99 km/h

Running performance: 4:37 min/km

Rank in course/Total: 32 (of 141)

Rank in course/Men: 31 (of 105)

Best time in course: 33:16

Rank in category: 8(of 21)

Best time in the category: 39:00