



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Brinsa, Thomas**

Club: Nordkirchen

Number: 799

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 47:13

Speed: 12.71 km/h

Running performance: 4:43 min/km

Rank in course/Total: 36 (of 141)

Rank in course/Men: 35 (of 105)

Best time in course: 33:16

Rank in category: 10(of 22)

Best time in the category: 37:32