



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Jung-Wüller, Theodor

Club: LG-Ems Warendorf

Number: 719

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 47:22

Speed: 12.67 km/h

Running performance: 4:44 min/km

Rank in course/Total: 37 (of 141)

Rank in course/Men: 36 (of 105)

Best time in course: 33:16

Rank in category: 11(of 22)

Best time in the category: 37:32