



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Offers, Heinz**

Club: LV Oelde

Number: 785

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 47:34

Speed: 12.61 km/h

Running performance: 4:46 min/km

Rank in course/Total: 39 (of 141)

Rank in course/Men: 38 (of 105)

Best time in course: 33:16

Rank in category: 1(of 10)

Best time in the category: 47:34