



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Stuerwald, Mario**

Club: Telgte

Number: 751

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 47:37

Speed: 12.60 km/h

Running performance: 4:46 min/km

Rank in course/Total: 40 (of 141)

Rank in course/Men: 39 (of 105)

Best time in course: 33:16

Rank in category: 3(of 8)

Best time in the category: 43:40