



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Kemper, Siegfried

Club: LC Solbad Ravensberg

Number: 822

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 47:46

Speed: 12.56 km/h

Running performance: 4:47 min/km

Rank in course/Total: 41 (of 141)

Rank in course/Men: 40 (of 105)

Best time in course: 33:16

Rank in category: 2(of 10)

Best time in the category: 47:34