



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Stöhr, Martin

Club: RSF Sassenberg
Number: 763

Course: 10.00 km
Volkslauf

Category:
Männer M45

Total time: 48:03

Speed: 12.49 km/h
Running performance: 4:48 min/km

Rank in course/Total: 42 (of 141)

Rank in course/Men: 41 (of 105)

Best time in course: 33:16

Rank in category: 12(of 22)

Best time in the category: 37:32