



# 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