



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Linnenbrink, Benedikt

Club: Beckum

Number: 808

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 48:19

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 43 (of 141)

Rank in course/Men: 42 (of 105)

Best time in course: 33:16

Rank in category: 13(of 22)

Best time in the category: 37:32