



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

**De Jong, Thomas**

Club: VfL Sassenberg

Number: 825

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 49:00

Speed: 12.24 km/h

Running performance: 4:54 min/km

Rank in course/Total: 46 (of 141)

Rank in course/Men: 45 (of 105)

Best time in course: 33:16

Rank in category: 6(of 18)

Best time in the category: 37:50