



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Jungmann, Alfons

Club: FC Tönnishäuschen

Number: 788

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 49:02

Speed: 12.24 km/h

Running performance: 4:54 min/km

Rank in course/Total: 47 (of 141)

Rank in course/Men: 46 (of 105)

Best time in course: 33:16

Rank in category: 3(of 10)

Best time in the category: 47:34