



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Friese, Michael**

Club: Warendorf

Number: 746

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 49:05

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 48 (of 141)

Rank in course/Men: 47 (of 105)

Best time in course: 33:16

Rank in category: 5(of 8)

Best time in the category: 33:16