



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Frielingsdorf, Ralf

Club: WSU

Number: 740

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 49:22

Speed: 12.15 km/h

Running performance: 4:56 min/km

Rank in course/Total: 49 (of 141)

Rank in course/Men: 48 (of 105)

Best time in course: 33:16

Rank in category: 10(of 21)

Best time in the category: 39:00