



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Kaldewei, Christoph**

Club: LG Ahlen

Number: 749

Course: 10.00 km

Volkslauf

Category:

Männer M60

Total time: 49:37

Speed: 12.09 km/h

Running performance: 4:58 min/km

Rank in course/Total: 50 (of 141)

Rank in course/Men: 49 (of 105)

Best time in course: 33:16

Rank in category: 1(of 2)

Best time in the category: 49:37