



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Laubrock, Michael

Club: Warendorf

Number: 733

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 49:47

Speed: 12.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 51 (of 141)

Rank in course/Men: 50 (of 105)

Best time in course: 33:16

Rank in category: 14(of 22)

Best time in the category: 37:32