



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Uchtmann, Franz**

Club: Warendorf

Number: 758

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 50:32

Speed: 11.87 km/h

Running performance: 5:03 min/km

Rank in course/Total: 54 (of 141)

Rank in course/Men: 52 (of 105)

Best time in course: 33:16

Rank in category: 4(of 10)

Best time in the category: 47:34